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NAUTILUS

Magazine of New Thought

*Edited by Elizabeth Towne
and William E. Towne*



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Healing by Laying On of Hands
True Stories by a Metaphysician

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JULY 1926

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Make Your Choice



I SN'T your life largely the result of your having made certain choices in the past?

You **CHOSE** that road—or the other.

And you arrived at that destination—or the other.

All as a result of **YOUR OWN CHOICE**.

Sometime in the past each one of the persons whose reports are printed below **CHOSE** to try the Elizabeth Towne method of demonstrating Health, Happiness, Prosperity, as taught in her **"FOUR LESSONS ON HEALTH AND SUCCESS."**

The following reports show the **RESULTS**. Ask yourself if it might not be worth your while to **CHOOSE** to do as they did.

All they did was to read and follow the Lessons.

Surprising Improvement

"I note a surprising improvement in steadiness of nerves, mental grasp and general happiness."—M. F., Ga.

"Have Won the Love of One I Secretly Loved for 8 Years"

"It would take pages to tell you what Lesson III has done for me. I have won the love of one that I have secretly loved for eight years."—D. B., Iowa.

First Lesson Made a Different Woman of Me

"For three years I was subject to spells of melancholy and the blues. Had not the slightest interest in life. I never went anywhere, and was thankful when visitors never bothered me. Now those old feelings have magically disappeared and life seems worth while. Invitations come pouring in and I am entertaining in return. That one Lesson has made a different woman of me."—MRS. A. F., Ill.

Habit of Years Overcome

"A habit I have been fighting for years has left me. Am getting great benefit from the breathing exercises. Please send next Lesson."—A. D., Ohio.

Discharge of 25 Years' Standing Almost Ceased

"A discharge that I have had for 25 years has almost ceased. I am delighted."—C. C., N. J.

Income Better, Everything Brighter

"I am happier and lighter hearted. Income better than for a long time and everything looks brighter. Please send Lesson IV."—A. M. C., R. I.

Now Able to Make and Keep Friends

"Since I have been studying your Lessons I have become able to make and keep friends. Before I started the Lessons I was always alone. I never shall regret the time and small sum of money I have spent in study with you."—N. C., Mo.

Sleep, Digestion, Memory Greatly Improved

"Result shows great improvement in sleep, digestion, calm nerves and better memory. Others have spoken of the changed expression and appearance."—A. C., O.

Self-Confidence Developed

"I have gained in poise and self-confidence, so much so that I addressed a class of girls at a missionary meeting last Monday night. That is something I would have turned down as something quite impossible for me to do a few months ago. Kindly forward Lesson III."—L. V. C., Paris, France.

A Violinist Helped in Expression

"Your instruction in Lesson I has been complied with. It is very difficult to explain what the work has meant to me. Music is my avocation. I am sure you understand how much more beautifully a violinist can play when he can express the joy of his being through his instrument. My philosophy of life has changed and I find myself daily growing happier."—J. L. B., Fla.

Now Perfect Harmony in Home

"Physically and mentally I have noticed a wonderful improvement in myself, also in husband. There has been perfect harmony in our home where before there were numerous misunderstandings. Husband also has a better position."—MRS. E. R. R., Calif.

How to Get the Lessons Free

THE FOUR LESSONS ARE FREE with an order for our own publications at regular retail price (selected from the list on pages 6 and 7 of this magazine) amounting to not less than \$3.25.

Solar Plexus book and "How to Concentrate" (both by Mrs. Towne) must be used with the Lessons and should be included in your order.

Or you can get the Four Lessons and the two booklets for \$1.00.

THE ELIZABETH TOWNE CO., Inc.,
Holyoke, Mass.

NAUTILUS NEWS BY THE EDITORS

AUGUST NAUTILUS. August *Nautilus* might well be called a special healing number. Not in years have so many practical and helpful articles on healing by mental and spiritual methods been grouped in one issue of the magazine. On the following page you will find definite announcements concerning the principal features of the August number. Be sure to read the announcement—and WATCH FOR THE AUGUST NUMBER.

EMERSON'S CONCEPT OF TRUTH.

A new and beautiful little booklet, by Henry Richardson Thayer. The author says in his "Foreword": "After discovering many glorious fragments during uncounted readings of Emerson's Essays—fragments that in a sense seemed all-complete in themselves—at last a sort of entity arose and stared me in the face; an entity built up of a large number of those glorious fragments; and far more lustrous than any of its parts. I was immediately constrained to fit the fragments together into this entity". And thus we have "EMERSON'S CONCEPT OF TRUTH," a booklet important out of all proportion to its size and price, and which you will find more fully described elsewhere in this issue of *Nautilus*.

A FRIEND SENT NAUTILUS TO MINISTER'S WIFE.

"I had neither strength nor patience to keep house nor teach my girls to do so. (Was a nervous wreck following an operation.) Our house had become a topsyturvy place of disorder. Husband's church work failed and we were making nothing but debts. I saw no way of remedying the situation until one day a friend sent me *Nautilus*. I read it, applied the principles and from that very hour began to improve. My nerves grew steady and strong. I at once began to give suggestions to the other members of the family during sleep. In a short time instead of a cross bunch of folks living in a disordered home, we were a happy, congenial family dwelling in an orderly home." —Mrs. L. F. L., Texas. And now the husband has a fine church position and the family is living in a beautiful home that they own. All because some friend was kind enough to hand her a single copy of *Nautilus*. Why not pass on your old copies of the magazine to someone who will read them?

IT IS FASCINATING.

It is more interesting than you can imagine to sit here in the office and select the manuscripts for future numbers of *Nautilus*. We have some unusual and very "different" features that we will "spring" upon you soon. August and September numbers will bring you some special

Say you saw it in NAUTILUS. See guarantee, page 5.

Important Notice Nautilus Subscribers

If you find an expiration notice attached to this space it means that your subscription expires with this issue, UNLESS your renewal has crossed this notice in the mails. Please renew at once so as to avoid missing an issue and to save the expense of removing and replacing your name on our list. IF YOU WILL RETURN THE RENEWAL BLANK WITH YOUR REMITTANCE SO THAT IT REACHES US BY THE 20TH OF THE MONTH OF THIS ISSUE WE WILL CREDIT YOU WITH 13 MONTHS FOR \$1.00. We can afford to give you an extra month for prompt renewal.

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(C) Man being a manifestation of the Omnipresent Divinity can change any effect by changing the cause whereby the effect is produced.

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Dear Mrs. Towne:—

I am enclosing \$15 which I want you to use in spreading your teachings to those who are unacquainted with them.

Wishing for you long and continued success, I am,—L. F. L., Tex.

I have loved and studied NAUTILUS since the first copy was given to me, about fourteen years ago. I sent for the back numbers of every year you had in stock. Thanks to you, I have demonstrated success in health, home and business, by following TO THE LETTER, formulas given by you. I have used different formulas for different needs, but always YOUR WORDS, taken into the silence, brought greatest results. I have no words with which to thank you for what you have brought into my life.—MRS. JULIAN C. PIERCE, San Diego, Calif.

NAUTILUS has been the making of me. Nearly three years ago heart trouble put me in the hospital, never supposed to recover. But thank God. Bless His name and NAUTILUS. I say: "Create O Lord in me a new heart, and renew a right Spirit within," and I have a new heart. I am so healthy, so happy—can do all my work, and I glorify Him.—G. V., Philadelphia.

I am enclosing \$10 this time, my tithe to you for April. You see, God has, indeed, blessed me when I can send so much at once.—S. C. R.

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| HOW TO USE NEW THOUGHT, Kingsley. | PSYCHO-ANALYSIS SELF-APPLIED, by B. E. Lane. |
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| WHAT I KNOW ABOUT NEW THOUGHT, Ella Wheeler Wilcox. | MARRIAGE AND DIVORCE, by Judge Joseph Sabath. |
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SPECIAL PRICES: The above sell for 10c each; or 20 booklets of your own selection for \$1.10.

The Elizabeth Towne Co., Inc., Holyoke, Mass.

Coming, Coming, In August Nautilus

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AGNES G. ROWLANDS

"MAGNETIC Healing; Is There An Unknown Power in the Hands?" the second article by Pierson W. Banning. The case of Mr. Duncan, crippled with rheumatism for eight years, cured instantaneously by a street car motor-man, who was helping him board a car.

"A NEW and Potent Method of Suggestion by Means of Pictures." The use of pic-

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"HOW I Was Healed, Almost Over Night and Saved From a Second Operation." The appearance of cancer speedily disappeared when the writer went to the One Source of all healing power—God's Love—for help, as a final resort. Tells just how the writer treated herself.

"WHEN He Made His Mental Pictures Definite, He Found It Easy to Succeed," the second in the series of True Stories, by Rev. George C. Golden. How a young man was led to just the job he wanted, when he got it clear in his own thought just what he wanted.

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Dr. Bush gives you secrets that will enable you to forge ahead with amazing strides—he tells you exactly

CONTENTS OF THIS BOOK

How to overcome failure, heredity and adverse environment
How to make the start
How to find your work
How to grow brains
How to find yourself
How to strike your stride
How to go to the top
How to branch out
How to buck the line, brace up, and win
How to use suggestion and auto-suggestion
How to reach the subconscious mind
How to develop Will Power
How to be a "go-getter"
How to overcome timidity, fear and self-consciousness
How to be a success as a salesman, artist, author or business man
How to come back
Where there's a will, there's 20 ways
How to make opportunities

how to make the start, how to keep going, how to branch out. He puts success right within your grasp. Achievement actually seems easy to men and women who follow his wonderful teachings. He will inspire you, uplift you, give you a great new surge of self-confidence.

You will feel your powers doubled—trebled! You will feel giant forces awakening within you—new life—new hope—new strength. You will laugh at obstacles that once seemed insurmountable. You will toss aside such hindrances as worry and fear and timidity. The barriers that once barred your path will become stepping stones to your success!

And when Dr. Bush promises you success, he does not mean merely spir-

itual or ethereal success. He means material success—success in dollars and cents. He means wealth, power, fame—all the luxuries, all the rewards that your brains and ability entitle you to have.

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THE NAUTILUS

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William A. McKeever, LL.D.
Rev. George C. Golden
Brown Landone

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Some of
The Nautilus
Contributors
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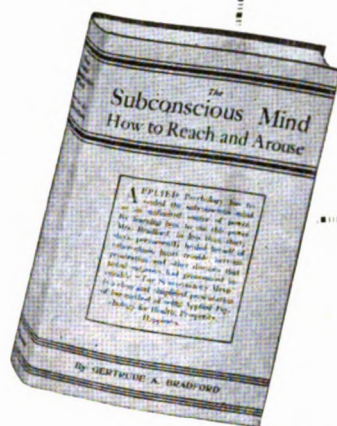
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- She set her subconscious mind to work to demonstrate a set of dishes, and got them.
- How to determine what you will attract.
- A woman who attracts untruthful persons and why.
- A quality that always attracts.
- An interesting experiment in reaching the minds of your friends; how to try it.
- How to heal at a distance by subconscious power.
- How to transmit the picture of healing.
- A child healed at a distance of typhoid fever.
- How to heal a child through his subconscious mind.
- How to get the help of your subconscious mind in creative work.
- How to find your own special work and your place in the world.
- How to insure the best creative work of which you are capable.
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On page 69 you will find **HOW A CHILD WAS HEALED** in 24 hours of what the doctor diagnosed as typhoid fever. The patient had been ordered to the hospital, but was so much better the next morning that there was no need of its going.

On page 104 be sure to read "THE SUBCONSCIOUS MIND AND THE HABIT OF SUCCEEDING." No one can read it, I believe, without getting new creative ideas on the subject of success.

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Perfection

By R. R. Greenwood

No music born of men can hold
The lyric of the throstle's gold;
Nor may a song of ours be
As sadly haunting as the sea.
No vision lovelier may we know
Than the silver paradise of snow,
And a moon-drenched garden's fairyland
Is beyond the goal of human hand--
And the poet dreams, and dreaming, plods,
But the ultimate craftsmanship is God's.



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EDITORIALS

by Elizabeth Towne

*"Build thee more stately mansions, oh, my soul,
As the swift seasons roll!
Leave thy low vaulted past!
Let each new temple nobler than the last,
Shut thee from heaven with a dome more vast,
'Til thou at length art free,
Leaving thine outgrown shell by life's unresting
sea."*

—Holmes' "The Chambered Nautilus."

Hold This Thought.

IF we look to the outer appearance these **THINGS** will discourage us; but if we make a business of going to the Infinite Source for more Spirit, new ways and means and multiplied abundance, we shall realize them more and more fully.

Hold this thought until it holds you:

*In all my ways I acknowledge God's
Spirit ruling and He DOES direct my
paths.*

▽ ▽ ▽

The Spirit and Things Psychic.

THE difference between the spiritual plane and the psychic is the difference between the creator and the created.

The creator of all things is **SPIRIT**. "There is Spirit in man, and the inspiration of the All-Mighty (Spirit) giveth him understanding."

Spirit is infinite life, creator of all things, all forms. Spirit itself has no form, either in imagination, psychic pictures or material form.

Spirit is the creator, psychic pictures are the created.

You cannot picture anything without form, and the psychic plane is a plane of pictures.

The psychic plane is a plane full of pictures, more or less true and more or less solid.

The pictures in the psychic plane come from **REFLECTION** upon pictures already conceived and brought into more or less tangible form.

All pictures are **IDEAS**. To my mind, the psychic plane is the plane of imagination, the place where new ideas are born from the crossing of old ideas. It is the plane where ideas are conceived. If these ideas fit in and work with the realm of the actual, they may persist, become born into mind and body and express outward in the world.

But within and back of the imagination or psychic plane there is the plane of Spirit or Life itself, or God; where no thought form has ever existed. By the action of Spirit all thought forms come into conception, and birth.

Spirit is **LIFE**, wisdom, power, God. Wisdom, power, life are words which do not bring into your mind a *form* of any kind: they are the power or life *which does all forming or creating*. They are not themselves attributes which have form of any kind.

The psychic plane is a plane of forms, and its action must be limited by its forms.

The spiritual is the plane where there is no form of anything, *nothing to limit the action* of anything or anybody.

▽

On Going Into the Silence.

IN order to become conscious and active in the realm of Infinite Spirit or life, one simply has to *shut his eyes* to the psychic realm of form pictures, and seek further with-

EDITORIALS by Elizabeth Towne

in, until he finds that silence, where no forms, no pictures, no thoughts are.

From this realm of pure Spirit come forth all of the new things that appear in the imagination and are gradually worked out and connected with the living organism of what proceeded before. NEW thought comes from the Spirit realm into the psychic and mental. But he who seeks the psychic realm, is limited by the forms already within that realm, and he goes round and round in a circle of already-created forms.

To try to get inspiration and thoughts from the psychic realm brings mental fatigue and strain, for the reason that your attention is literally skipping from one thought form to another.

If you shut your inner eye to the form and seek for the formless SILENCE whence all power and wisdom and love and inspiration proceed, you will find yourself at rest in the Infinite. If you believe in that Infinite as the source of all that you desire, as the one God giving you that thing which you desire, you will find yourself receiving from Him, from this Formless Former of all new things: you will find yourself receiving from Him the things you desire—things greater and better than anything which you could possibly picture in the psychic realm.

To find the Silence, take special periods every day for going into the Silence and letting your mind rest in God. Whatever thought forms come into your mind, either in the mental realm or the psychic, place them gently aside and BE STILL IN GOD.

You are in the Silence NOW, you are also on the "psychic plane" NOW: you no more have to *find* the psychic plane or the spiritual plane, than you have to find your mind, or your head, or your feet, or your heart or any other function of yourself. The I AM of you is pure Spirit, one with the Father, it never was and never will be anything else. All you have to do is to turn to the I AM, to God, to Spirit, believe in it, acknowledge it in all your ways, ask and receive your inspiration and understanding from it. Practice makes perfect and nothing else takes its place.

"Acknowledge Him in ALL thy ways (of thought) and He shall direct thy paths."

In addition to the above practice, which

should be faithfully followed for 15 to 20 minutes each day, early morning or late at night whichever you prefer, you are simply to DENY that the psychic realm is the place where you get your guidance. In other words, make light of the psychic realm, just as you make light of the things that go on about you in the outer world. Some of these things you can use, and some of them are of no value. But the user of all things, as well as the creator of all things, is Spirit: acknowledge Spirit in all your ways and you shall certainly be directed aright.

Give God the glory for all of the good thoughts which come to you, look to Him, to Spirit, for guidance. That is the whole story.

Do not be *afraid* of the psychic realm, any more than you are afraid of the ideas which you hear from your neighbors and friends, or of the things which you see going on about you in the world. All things work TOGETHER for good. Your part is to *let* the Spirit guide and direct you to do *your* part.

▽ ▽ ▽

The Secret of Getting What You Want.

TO express God who is love, in all that you think and do, is the secret of getting what you want.

For to get what you want in this world *you must be it!* If you would have love, you must *be love*. And that love must shine upon the unjust as well as upon the just—just as the sun shines upon the unjust as well as the just.

For, if the sun did not shine upon everybody and everybody all alike, how would you ever be able to *see* the thing you desire?

God is the *Light of Love*, shining upon the unjust and the just alike, and because of this shining one is able to *recognize* that which is good, according to one's desires.

To turn your loving interest on every human soul, as a search-light is turned,—to turn your loving interest upon each and every soul, is to enable you to see through everything, and recognize that which is your own.

And to let your own light of loving interest shine, is to reveal yourself to all other persons, enabling them to recognize whether or not you are in touch with their own desires.

EDITORIALS by Elizabeth Towne

Turn on the light of your own loving interest and "your own" will see you and come to you.

That is the secret of the whole thing.

And faith in God within you is the way.

Affirmation brings faith, and grows into REALIZATION.

And manifestation follows realization as the shadow follows the substance.

Therefore I say unto you be your own divine self, in your own mind, by repeated affirmation; by acting according to your own divine self in every way that comes natural to you; and keep at it until your light so shines that men may see your good work and glorify your Father which is in Heaven.

▽ ▽ ▽

The Bust of an American Woman Appears in This Year's Royal Academy.

WHEN I was in London last fall Mr. Sidney Boyes, famous British sculptor, did a small bust of me which was greatly admired by those who saw it in the making. I have a bronze copy of this bust sitting up on our mantel, and once in a while William looks up and says, "That bust is like you."

A letter has just come to me from Mr. Boyes in which he says: "Your bust, and one of Mr. Hooper, both in bronze, are in this year's Royal Academy! Really good news. But you will not be able to see it there, the exhibition closes the first Monday in August."

▽ ▽ ▽

Optometry and God.

I THINK the trouble with you is that you have not been practicing the presence of God in each act and every act of your life. Otherwise, you could work to the glory of God not only in two, but in half a dozen different lines of work, every day! Unless it is God's work, don't do it at all. But I know that everything in the world is God's work, so the only point with me is to pick out what I like to do best to the glory of God.

Get that little Brother Lawrence book called "The Practice of the Presence of God," and get busy living along that line. It will free you to do the things that God in you

desires to do. Practice makes perfect, and nothing else takes its place. I see no reason why an optometrist should not fit eyeglasses to the glory of God, and rejoice in the doing of it.

Instead of cursing your job as optometrist and forsaking it, why not bless it by doing each and everything to the glory of God? Evidently you have been making your living out of that, and I should say that you have been considering it as a burden rather than as an opportunity to work to the glory of God, and that therefore you have been losing ground on the very thing which you are best able to do well, in the service of other people.

Of course, while you are doing the thing that is valuable to the world, you have to be developing yourself along the line of the new desire. There is no reason why you cannot do optometry and teach New Thought at the same time, just as Paul did tent making and taught New Thought at the same time. He did it all to the glory of God.

It is my guess that Paul was the best tent maker of his time, got the highest prices, and always had more work offered to him than he knew how to take care of! That is the natural result of doing one's work to the glory of God.

The only way you can glorify God is through Divine Service to other human beings—service along the lines that they want you to give. Lots of people wanted tents in the day of Paul, just as lots of people want eyeglasses in this day. Paul must have been a very fine tent maker, who could get plenty of money that way, with which to finance his lecture trips! Go thou and do likewise.

TO assume faith in Christ in the other fellow, when you have it not, enables you to step out on faith and find the "solid rock beneath". EXPERIENCE in finding the Together Way proves that your faith in Christ as the only power in the other fellow, is the one truth of Him.



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ARE YOU A ROMAN?

By Chester H. Struble



WHEN Hannibal was battering at the gates of Rome, the inhabitants auctioned off the very ground on which he was encamped. So confident were they of the invader's ultimate defeat, that the land sold for more than at any previous time.

This bit of civic courage is worthy of contemplation. With Hannibal outside the walls of your city, what do you suppose suburban lots would bring on the auction block? Yet Hannibal to Rome was no less a scourge than he would be to your city.

But Romans had formed the habit of thinking in terms of victory. Defeat was inconceivable. Strategic retreat was as near as their minds could bring them to defeat. They had the winning complex, the victory habit.

Have you the habit of victory? Do your disappointments and discouragements impress you as overwhelming and irretrievable defeat and disaster, or simply strategic retreats?

As you face your personal problems so would you have faced Hannibal at the gates of Rome. What would your bid have been for Hannibal's tent sight?

It matters not whether Hannibal is before the gates of Rome or before the gates at home, you can beat him with the same winning complex.

(Next month—"The Accident of Birth")

True Stories by a Metaphysician

By Rev. George C. Golden

At 53 She was Still Tied Fast to Her Mother's Apron Strings. Then She Got Enough Courage to Buy a Lipstick

(This is the first of a fascinating series of true incidents, taken from the actual case records kept by the author. Only names and places have been changed. Each month we shall print a different story, and each will deal with a single topic and show how to remedy that particular condition or situation by mental-spiritual methods. There will be 12 articles in the series. Next month the subject will be, "When He Made His Mental Picture Definite, He Found It Easy to Succeed."—EDITOR.)

HALF a century ago, Mrs. Lane "kept" Thursday afternoons in her home on an avenue where everybody lived who was anybody. She was noted for the exclusive people who came to her house, for her skill in managing her servants, for her diplomacy in handling her husband and for her thoroughness in "bringing up" her little daughter.

Today Mrs. Lane still lives in the same house. On any Thursday afternoon the spectator—should there by any chance be one interested enough to observe—may see three or four Ford sedans stopping before her house to allow three or four well-dressed matrons conduct tottering mothers up to the door. Inside there is the same furniture—much worn by half a century's use. There is the same air of would-be exclusiveness but now it has a more patent tone of self-delusion. And, what concerns us, there is the same "thoroughness" in dealing with her daughter.

Miss Lane was fifty-three. In the hair-dressing parlors she patronized, she had the reputation of being "haughty" while among the married women who had known her all her life, she was spoken of as "poor Jennie". She had never in her life bought a dress without first obtaining her mother's consent and neither in her girlhood nor her spinsterhood had she been out alone after ten o'clock.

Though things had changed in fifty years, the clock in the Lane household had not moved. They still lived on the customs that were "the thing" five decades ago and—what was making the immediate problem for Miss Lane—they still tried to content themselves with an income that two score and ten years hence had been only considered "comfortable".

Miss Lane wanted to "take a position". It was one that she could fill and, what was more, one she would enjoy. To be the matron in a girls' sorority house. To help the girls doll up for a party, to talk with them about their beaux, to be consulted by them concerning their "problems", to have a part in their moulding—words cannot tell how large she was seeing the opportunity in this chance that had come her way. It seemed very feasible for the old servant who had been with them for years was still able to take good care of her mother and a young cousin and his wife were coming to the city to make their home with Mrs. Lane.

But Mrs. Lane raised up her hands to the highest heaven at the mere mention of "her daughter working". When Miss Lane called her attention to the fact that many girls with incomes much larger than theirs were engaged in occupations, the old lady cuttingly remarked;

"Just remember, Jenny, that very few people can call you a flapper."

"I was just desperate. I didn't care what became of me," she told me in the office as she concluded her "history". She looked out of my window down into the street and even a blind man would have been aware of an envy filling the heart of this capable, efficient, generous woman. "Do you know what I did?"

"Tell me," I urged, not without a smile.

"I'll tell you what I did. I went out and bought a lip-stick" was her retaliation to the life-long maternal suppression.

It was pathetic. It was tragic. I thought of the commandment that bade us honor our parents and wondered if a slave ever could

conceive of one thought that honored his master.

I laid the foundations for handling the case by reminding her that our desires are God's angels. Her wishes for service, for adding to the livingness of others, for wholesome expression and reasonable recreation were the signs by which God was stirring her to release more of Him into manifestation.

"You want to remember, Miss Lane," I informed her, "that it is not only true that in God we live, move and have our being, but it also logically follows that God lives, moves and has His being in us. He sends His angels—our desires—to indicate to us what He wants to do through us. In His wise plan of life, He has to a certain extent made Himself subservient to our decisions; that is, you have the right—and you only—to decree whether God's angel of service shall have life or death. If you carry out your vision of service to these girls, you will be giving life to this angel; but if you allow your mother's prejudices to hold you prisoner, you will be slaying that messenger God has sent you."

"You think it is my duty, then, to go to the girls?" she enquired.

"I know nothing about duty," I answered. "It is a word that does not belong to the vocabulary of the free life of the free children of Truth. Did you never read that God desires humanity to worship Him in spirit and in truth?"

"But is not that our duty?" she persisted.

"It is our privilege. It is our pleasure. How much spirit do you find among the slaves of life?" I enquired. "How much spiritedness do you discover among the duty-driven?"

"You connect spirit with spiritedness, don't you?" It was more the announcement that she had caught a new idea than a question.

"As I understand Truth and as I have watched it work out in actual experience," I continued, "the stand for the woman to take is that of her own royal, divine queenship. Can the queen who is moved from duty be as happy, much less as efficient, as the monarch who is inspired to the same act because it is her pleasure?"

"Then I am the queen of my own mental universe!" she mused. "I can be moved by my own desires and controlled by my own true wishes."

"Exactly," I replied.

"But suppose I should have some desires that would harm others." She smiled at me

triumphantly. She felt she had trapped me. "That certainly would not be right."

"No, you cannot have any *real* desires to do anything that would bring distress to even the most unworthy of men," I replied. "In your reaction to the suppression of your own wishes, you might harbor such a conception, but it would not be your own true expression. Knowing that man would be asking just such a question as you have stated, our Master has given as a rule. '*Do unto others as you would they should do unto you.*' When we keep that rule before us as a control, we can not go far wrong."

"But how about mother's desire to keep me at home?" She was beginning to catch the light. "That cannot be her *real* desire?"

"It is just a false desire on her part," I answered, "and it is a favor and not an injustice that you will be doing her when you negate all those unnatural wishes that have grown up in her mind. You may think that she will break if they are destroyed. Do not fear. She knows, just as well as you do, deep down in her heart, that she is trespassing on your divine rights."

But in spite of the insight she had received from her talk, she seemed in practice, to make little progress with her mother. The time was drawing nearer and nearer when she would have to give a definite answer as to what she was going to do about the position at the sorority house.

I was puzzled. The method, somehow or other, was not working out as it should with Miss Lane. She was still as subservient to her mother as ever.

I advised her to make definite stands to establish her own divine independence. She was to go alone, some evening, to the symphony. Another night she would go by herself to a church organization meeting. On another day she was to have "in for tea" a friend whom she liked but of whom her mother did not approve. She promised faithfully that she would do these things.

When she came into the office for her next lesson, I saw the look of a guilty sinner on her face. How many of the three things had she done? Not one.

What could I do to help her! She must be saved.

"The Spirit of Truth and Intelligence in me," I silently affirmed, "knows all things and reveals to me the definite method to take

to free this capable woman from the imagined chains that are holding her down."

Like a flash there came into my mind the picture of a play-ground and youngsters "teasing the sissy". Why did they do it? Not from maliciousness but because it was God's method in children to cure a bad habit by ridicule.

"Do you know why you did none of these things?" I asked.

"My inferiority-complex, I presume," she answered.

"Let's forget high-brow names for low-brow failings," I said. "Let's talk in plain language. You did not do one of these things because—your mama wouldn't let you."

It told. It brought a blush to her cheek. Her dander was up. Her spirit was roused. She was alive—emotionally alert.

I had won. I knew it. The rest was just driving in the truth so far that it would never again be lost.

On the day of her next lesson, she called me up to say that she would not be able to keep her appointment. In fact, she declared, she felt that she had finished the work and her course could terminate.

One catches a great deal by telepathy. I "sensed" what had occurred. She had taken

her stand. The mother had rebelled. Miss Lane had quoted me as an authority and her mother had forbade her coming for any more of "that teaching".

"I understand, Miss Lane," I replied and, after a moment very slowly I added, "I know that in your heart you want to come."

"I'll be down at the stated time." The curt reply came after a conversation with someone beside her.

Was there a storm before she made her established freedom?

No. There was a cyclone. There was a tornado. A tyrant who had sat tight on the throne for fifty years will not easily sign a declaration of independence for her slave.

After the fire and earthquake, there came the "still, small voice." It wasn't the voice of resentment. Neither was it the tone of resignation. It was the voice of love. It was the voice of normal maternal pride.

"Don't you think Jennie is a wonderful woman?" declared that voice the last time I heard it. "I didn't want her to take that place—I feared it would be too difficult for her. But they tell me that there is no one in the whole university who can take her place."

(The next story: "When He Made His Mental Picture Definite He Found it Easy to Succeed.")

How to Get Your Subconscious Mind to Work for You While You Sleep

By Harden Greaves

HOW DO you go to sleep? Tired, probably, the most of you. Worried, many of you. Sad, some. Sour and grouchy, a few.

Don't do it. It doesn't pay, physically or mentally. For, as you drop to sleep, you may depend upon it, you are likely to awaken.

Why? Some of the psychologists will tell you. *The character of your thought as you fall to sleep will be carried through the night by your subconscious mind.*

You work, you play with the conscious mind. That is the one with which we are all

well acquainted—so well acquainted that its operations have been reduced to rules and formulas. The subconscious is the mysterious one. But, at least, we know it is the great storehouse, the living reservoir of our life. The impression of every act, of every emotion, of every experience of our entire existence is duly registered within its uncanny precincts. Some of the psychologists will even dare to tell you that prenatal impressions are stored therein.

Be as that may, *it is certain your subconscious mind is attuned closely to the mood of*

your life. If you are characteristically morose or gloomy, the tone, the color, the character of your subconscious, which functions whether you are awake or asleep, will be colored blue also. If you are normally bright and cheerful, it is certain the subconscious is tintured with joy also.

So, when you are not employing the conscious mind—as in sleep or reverie—your subconscious will push its dominant qualities to the fore and without your realization or wish, will temper and color your thought to that prevailing mood.

Hence, be careful how you go to sleep. For that last thought, that last impression, that last mood of yours as you lapse into slumber will remain with the subconscious and the subconscious will nurse it through your sleeping hours and deliver it back to you, heightened and strengthened, when you awake.

Therefore, make that last conscious thought of yours a bright saying, a pleasant experience, an inspiring hope, a cheerful purpose. The awakening satisfaction will more than repay the effort. For that early mood in time may become strong enough to carry throughout the day.

How do I know? From life's greatest teacher—experience. I have watched and studied the vagaries of that subconscious for years. You, too, know something of its illusive, mysterious operations.

Few of you have missed the novel experience of charging your mind when you retire with the wish to awaken at a specific hour—nay, a specific minute. Usually it has been an unaccustomed hour for you to quit sleep. But, accurate to the clock's tick, you have awakened at the desired time.

What did it? Not the action of the conscious mind for that has been wrapped in

slumber. Not the stroke of the alarm clock—you did not employ one. Not the call or the shake of an earlier riser. You made no such provision. Yet something opened your eyes and started your conscious thought to work right on the minute you had set long hours before.

What then? What, but the part of you that never sleeps, never rests, that knows all of you from your earliest recollection down to the present thought, that keeps up all the restless, vital, semi-automatic requirements of sustained life—the subconscious mind?

Many, many times I have dozed to sleep charging that subconscious with some problem which waking hours and concentrated thought had not been able to solve. Not problems in mathematics but problems of life, of conduct, of business, of the future. And behold, many, many times when I awakened next morning, the desired solution or prospect or resolution was knocking at my attention. But those are another story.

So, let that sleepless entity of yours work for you intelligently and beneficially. Let it help to make you cheerful, bright, earnest, aspiring. Let that last thought before you lapse into sleep be what you would like to be the general tenor of your life.

Experience has taught me that, with this simple procedure, one can be happier, healthier, more efficient and more contented, more ambitious and more able, a doer and not a drifter.

Try it a few times, with a smile. Try it earnestly and diligently. It will not harm you. It is likely to bring a new and better outlook on life to you.

Go to sleep—with a smile.

(In August NAUTILUS: "How I Was Healed, Almost Over Night.")

Day Dreams

By Grace M. Frame

DREAM if you will, but while dreaming,
 Work out your day dreams, fair,
 Clothe them with life and beauty,
 Deck them with purpose, rare,
 All things, worth while, were once day dreams,
 Every wonder of art or creed,
 So dream if you will, but while dreaming,
 Think of the wide world need.

Telepathy

By Edward B. Warman, A. M., LL. D.

Author of "Psychic Science Made Plain"

One of the Most Interesting Illustrations of Telepathy Ever Published

I AM importuned by the many letters of inquiry from *Nautilus* readers to give a true, concise and understandable example of Telepathy.

I find that the majority of those who desire said information, desire it for the purpose of sending helpful messages. This, in reality, is in its strictest sense, that which I would designate as Mental Telegraphy—a distinction with a decided difference.

Before giving you one of the most interesting illustrations of genuine Telepathy—never before published—I shall endeavor to make plain the difference in the terminology. This is essential to a clear understanding. Let us proceed with our analysis:

Definitions: Telepathy and Mental Telegraphy.

You can have Telepathy without Mental Telegraphy but you cannot have Mental Telegraphy without Telepathy—the contact of subjective minds. Why? Because Mental Telegraphy, like the sending of a regular telegram, is a voluntary, intentional, premeditated act. On the other hand, Telepathy, *per se*, is the transference of thought from one mind (subjective) to another mind (subjective) frequently without objective intention on the part of the one from whom it emanates or objective knowledge on the part of the recipient as to its source.

The dictionary does not recognize the foregoing distinction nor do I know of any other psychologist who does. Nevertheless the distinction exists, as I have demonstrated times without number.

Previously to the present revision of the Webster's New International the definition of Telepathy was as follows: "Telepathy is the sympathetic affection of one mind by the thoughts, feelings or emotions of another at a distance without communication through the ordinary channels of sensation."

Being in communication with the authorities I suggested the omission of the words—"sympathetic" — "feelings" — "at a distance" — "the," inasmuch as they were superfluous and misleading. In the present edition these words do not appear. Mark out those words that I have quoted from the former definition and you will find it strengthened instead of weakened. Moreover, you will find it in accord with my own definition, there being no suggestion of a voluntary sending of messages, simply the unconscious escape of thought. This, then is the line of demarcation.

Why Your Mental Telegrams Are Not Always Delivered.

When you formulate a message which you wish to convey to another, far or near,—the soul takes no cognizance of distance—you liken the transaction to the sending of a regular telegram. Your objective mind is the one with the message: your subjective mind is the operator to whom you deliver the message to be sent: the subjective mind of the one whom you wish to reach is the operator who receives the message at the point of destination. It now remains to be delivered to the conscious mind (the objective). Here's the rub. It is not that your message does not carry; no, not that, but it is not always delivered to the objective consciousness. Many, indeed, are the messages lying in the mental P. O. undelivered. Why? Because of the lack of objective passivity resulting from the worried or otherwise perturbed mental condition of the would-be or *should-be* recipient. Sometimes these impressions are considered as imaginative; hence no heed given them.

Prof. W. F. Barrett, of London, England, former President of the Society for Psychical Research, in a recent address, bears strongly upon this thought: "We know," said he, "as a matter of fact, that a vast number of impressions are constantly being made upon us,

of which we take no heed: they do not interest us or they are not strong enough to arouse consciousness. But the impressions are *there*. They leave a mark upon us though we are not aware of it, and they may float to the surface or be evoked at some future time. One of the most certain and striking results of the investigations made by our society is that *the content of our subconscious life is far greater than our conscious life*. Our minds are like a photographic plate, sensitive to all sorts of impressions—but our ego develops only a few of these impressions—these are our conscious impressions, the rest are latent, awaiting development, which may come in sleep, hypnosis or trance or by the shock of death or *after death*."

Thus it will be seen that our non-perishable, immortal, subjective mind contains the impressions and experiences of a lifetime—from the cradle to the grave—a veritable Book of Life.

An Illustration: Telepathy.

The following letter is most convincing as an illustration of Telepathy. It also solves the problem why inventions of exactly the same nature and most minute specifications are worked out by different inventors. Telepathic communications (objectively unconscious) are passing between subjective minds, working on the same level and on the same plane of thought. Each one has tapped the universal reservoir for his individual supply. Deductive reasoning does the rest. The only thing remaining is the matter of priority at the Patent office.

New York, Feb. 17, 1919.

Mr. Edward B. Warman,
Los Angeles, Cal.

Dear Sir:—

While my wife, Mrs. B— and I were reading your book, "Telepathy," last evening, with great interest, it occurred to me that you might like to learn of an incident that has recently come under my notice.

One of the experts connected with this company recently applied for Letters Patent at the U. S. Patent Office, specifying three claims in his application.

In due course he received official notice of an interference. Investigation has disclosed that about the time our man in Boston, Mass., was preparing his specifications, another in-

ventor in Denver, Colo., was preparing his specifications for an identical invention. This is, of course, not particularly remarkable, but the unusual features of the coincidence are these:—

First: Each of the inventors made three claims of peculiarly technical character, and each claim was described in exactly the same language.

Second: The words of description employed were absolutely the fewest in number and the best that could have been selected to convey the claimants' ideas, disclose the invention, and base the claims.

Third. The claims could easily have been couched in other language and still have adequately presented the facts.

Now, here were two sets of men—each Inventor and his Attorney—strangers to each other and, therefore, not in mental harmony, as you express it in your book, hundreds of miles apart, each set thinking to express three ideas. And each set selected the same number of words, the best "value" in words that could be found, and phrased them identically.

In conclusion, my wife (who is very telepathic herself) and I beg to express our appreciation of your treatise.

Yours very truly,

F—B. B—.

This you will perceive, was not a Mental Telegram. Neither party desired to convey his carefully guarded secret to the other.

An Example: A Mental Telegram.

Because of the expressed desire of so many who write to me in regard to the sending of Mental Telegrams, I give, herewith, an illustration under harmonious conditions; another, where the harmony has been broken. The harmonious relationship is, of course, much preferable and results more easily obtained. The lack of it, however, does not preclude the possibility of reaching those who are *out* of harmony. It is from this latter class that the greatest appeal is made. First, let us consider one out of thousands of similar and successful experiments—just a wee little page out of the book of my own experiences:

One morning I said to my wife—"I am going into the city by street car. It will be some hours ere I return." (I will say, in passing, I live on the crest of a hill, 500 ft. above sea-level, at the foot of which is the Hollywood Street Car Line.) I remarked—

"On my return, as I have business at the other end of the line I shall not leave the car at the usual stopping place. When I come home I shall expect you to tell me, *to the minute*, the time I pass the corner at the foot of the hill."

Did she? She did. *How* did she? By going about her duties with no anxiety of my promised Mental Telegram. She left the door ajar between her subjective and objective mind. In other words she was passive, receptive, in anticipation of the message—a condition absolutely essential at the *receiving* end of the line. The *sender* has the *positive* end of the mental pole; the *receiver*, the *negative*.

What part did *I* play in this little game? Merely this: As the car passed the street at the foot of the hill I looked at my watch and mentally wired Mrs. Warman—"twenty-three minutes of twelve."

When I came home I said: "What time did I pass?" Without hesitancy, came the answer: "twenty-three minutes of twelve." She was right. She is always right—well, almost always.

Was that Telepathy? No. Was it Mental Telegraphy? In its strictest sense, yes. It was wholly volitional on my part. Wife's subjective mind caught it and simultaneously passed it to her conscious mind (objective). To make "assurance doubly sure," she looked at the clock the minute she received the impression.

How You Can Help Your Absent Friends.

So many, many letters come to me pleading help in winning back those who have become estranged. In the majority of cases their whereabouts is unknown; hence they cannot be reached by 'phone, wire or letter, but they are never out of reach—or *knowing*, rather—

of the subjective mind with its wonderful prescience.

How can they be reached? Only subjectively. 'Tis true, the harmony is broken, through making it more difficult but not impossible. The *subjective* mind, perceiving that which is not within range of the *objective* vision, knows the whereabouts, conditions, etc., of the absent one.

I give, herewith, one general illustration which will suffice as an example which can be modified to fit the individual case.

Visualize the absent one as you sit in the Silence. Say to your subjective mind—"contact me with the subjective mind of the absent one." Now hold in your mind the thought you desire *him* or *her* to hold. This must be in first person, singular, using the personal pronoun, *I*, thus: "I am sorry" or "I will write you" or "I made a mistake" or "I will make good," etc., etc., in each case the "*I*" refers to the absent one. Do not use the personal pronoun, *you*; that is *compulsion*—a force *without*, which causes *repulsion*, whereas, the use of the personal pronoun, *I*, is *impulsion*—a force from *within*. In the latter case the absent one apparently takes the *initiative*, there being not the slightest intimation of a mental Telegram inasmuch as it was purely telepathic in its nature.

When you have secured, each day, the proper conditions for the telepathic thought-transfer, forget it, except living in *expectancy* of its fulfillment. Do not *wonder* if the effort will be effective. To *wonder* is to *doubt*; to *doubt*, is to *fail*.

"Divine Intelligence directs

Direct Love protects,

Divine Mind unfolds to us each day

All we should know, do, and say."

"Be still and know that I am God."

Let Life Live You

By Orpha M. Gardner

WHY all this fever of running about,
Turning of everything inside out;
Making of life such an endless quest,—
Stop a bit, dear, *be still*, and just rest!

Why should you struggle and battle with life,
Making of it such an endless strife,—
While all in the world you have to do,
Is just to *be still*, and let life live you.

Healing by the Laying On of Hands

By Pierson W. Banning

Article 2 of "The Power of Mind"

SOME people are so sensitive that by touching the body of another they instantly feel or sense what and where their troubles are.

In the frequently appearing accounts of cures by personal magnetism, laying on of hands and prayer, usually under varying names, we find at times differences more easily distinguishable by the careful analyst than the layman. Often these differences represent various groupings of different forms of mental or spiritual healings.

A difference enters the field of this type of healing if in addition to doing what has already been described, the healer also gives oral suggestion of a helpful nature. Or if he concentrates upon the person he is treating, willing that a cure result. This is entering the field of suggestive mental work. This class of work may take various forms from the healer's visualizing a perfect organ or condition as well as persuading the sick person to do the same.

But a variation of this work again is found when the healer instead of using will power and concentration, and trying to force a corrective condition does not attempt to picture in his mind what a correct condition would be, but uses supplication or prayer imploring the One in whom he has faith to bring about the cure. This is entering the field of faith healing, but is also utilizing the magnetic or personal influence of the body upon that of the other.

An interesting instance of this higher type of sensing the trouble of another and laying on of hands and faith, we find in the city of Prague where recently a well known publisher of that city by the name of Koci, has become famous over night because of his remarkable cures.

The European press writing of his cures, says:

"By means of what he describes as the 'infinite love of God' which radiates through the palms of his hands in the form of warm rays, these cures are effected for it gives God the opportunity to make the cure.

"Questioned by Dr. Alexander Zubak of Prague, Koci said that the source of his power for healing lay in the palms of his hands, in the universal spirit of Christ which owing to the purity of my life and the power of my faith, I am approaching***, I have never studied medicine or anatomy. My intuition comes direct from God. He it is who inspires my diagnoses. I never examine my patient's heart as the doctors do. I merely lay my hands on the afflicted part, and I immediately recognize every illness.

"God is above science. Many people come to me with wrong diagnoses, and I know at once that they are wrong—that is simply intuition—God—Christ. My successes are the will of God."

There can be no question but that there is a difference between the mere laying on of hands as in straight magnetic healing, which is at times successfully done by a person even of the lowest moral type, and that of a person of the highest spiritual qualifications and ideals. For the latter type without doubt would bring about just as effective results without the use of his hands, if he really appreciated the actual curative power he uses. But regardless of what each of us may think of this man's work, his power to sense the troubles of others is not usual, any more than is premonition as found in the preceding article. But it is an interesting power to sense physical ailments in others.

("Magnetic Healing: Is There An Unknown Power in the Hands," will be the subject of the next article in this series.—EDITOR.)

NO great inner event befalls those who summon it not.—MAETERLINCK.

Have You Ever Heard of The First Law of God?

Being Article 4 of New Confessions of Brown Landone

A BASIC Truth is a *statement* of God-quality. "God is Mind" is an example. It states that Mind is a God-quality.

But a basic *law* is a God-command to DO something.

For years I was so consecrated to teaching and using basic statements of Truth that I confess that I did not even realize that there is a basic "*FIRST*" law which God gave to earth and man.

Moreover, I have never seen it even mentioned as a law of Truth in all the books that have been written in sixty years, or even heard it discussed by any Truth teacher. I doubt if you even know *what* it is!

Yet, it IS God's first law.

It must be of PRIMAL importance, since God—in the very process of creation—*EVEN BEFORE CREATION was finished*—stopped four times to give that law both to earth and to man. And since, God *emphasized it, and repeated it four times BEFORE* creation was finished, God, Himself must have considered *that* law of very great significance! Therefore, would it not be well for you to realize its importance and use it?

But, do you even know *WHAT* it is? With all your knowledge of Truth *have you ever EVEN thought about it?*

It is this: (1) "And God said, *Let the EARTH bring forth*—and it was so - - - and God saw that it was good;" (2) "God said, *Let the waters bring forth* - - - and it was so - - - And God saw that it was good;" (3) "And God blessed them saying, Be *fruitful and multiply* - - - and God saw that it was good;" and (4) "God created man - - - and God blessed them, and God said unto them, Be *fruitful, and multiply, and replenish the earth* - - - and, behold, it was very good!"

God is Mind; God is Love; and God is LIFE!

The law of Life is the *FIRST* commandment of God.

At first, it may seem difficult to know how to use divine Life in healing sickness and

producing success: (1) because the word *Life* has so general a meaning—so general that few people know just what I mean when I use it—so general that I am never certain that I know just what the other person means when he uses it; and (2) because it is usually mistaken for sex. Please understand that when I use the word "*Life*," I do NOT necessarily mean sex—for sex is but *one* little manifestation of *Life*.

"Life" is a very general term, but, on the other hand, "*multiplying*" is simple and concrete. You at once understand what I mean by "*multiply*."

To state that "*life produces life*" is a very general statement; but, the statement—that one little male cell and one little female cell can *increase* by multiplying, until they reproduce 32,000,000 great-great-grandchildren in one short day—is very vivid and concrete.

Life is the capacity of MULTIPLYING!

I confess that years ago I never dreamed of using the consciousness of *Life* to heal sickness or to remedy business or financial affairs—for at that time, I used only divine Mind and divine Love. And when I used divine Mind and Love as means of healing—*without* using *Life*—there were many successes and some failures. But, whenever I have used *Mind, and Love, and Life and Action*—there have been *NO* failures.

Nothing in accord with the law of God ever fails, but, if you leave out the use of any one law when it is needed, then, there may be failure.

Let me make clear by examples: by two of them—one of healing ulcers, and the other of making a bookstore a stupendous success.

It was a woman of thirty-five, who was healed of ulcers. At first, she was healed and then *unhealed*, healed again and again *unhealed*, et cetera, et cetera. This happened both *before* she came to me for help; and afterwards. She had suffered from great running sores on her limbs for six years. She

had gone to many practitioners and they HAD helped.

When she came to me, I taught her the Truth of divine Mind—the Truth of God's perfect Idea of her perfect body. I taught her that as soon as she perceived God's perfect idea of her body, nothing could prevent the healing of the ulcers.

THREE TIMES she was seemingly healed. The ulcers closed up and *disappeared*.

BUT, each time, within three months after the ulcers were healed, they broke out again. In other words, she was seemingly healed and then unhealed.

Of course, I naturally thought that it was due to some trouble within the woman's self; I believed that she had each time relapsed into the very thought which had brought on the ulcers in the first place.

I did not then realize—the truth I am now confessing—that healing by Mind—healing by “holding” a picture in the mind, brings the tissues back to a normal condition, but does not awaken the *God-Life* which forever *multiplies and replenishes the perfect tissues*—so that the healing is certain to become permanent.

This is the function of divine Life—ininitely greater than the little physical phase of sex. It IS divine Life which *increases* that which is by a thousandfold—which multiplies that which is ten thousand times—which *replenishes* that which is a million times!

As soon as I began to realize that this particular woman needed the consciousness of Life to heal the ulcerated tissues—and as soon as she realized that Life is divine multiplication, divine replenishing—*then*, her limbs were healed, and *they have remained healed many years now, with no return of the ulcerated condition*.

And here is an application of this law of Life to success. It is the case of a young man who—starting out with a small inheritance left him by his grandfather—established a bookstore. He went into the bookstore business because he loved to be with books and wanted to sell them.

At first, he did not succeed. Then, he became interested in Truth; studied many different books and courses, and secured the help of practitioners. With their aid, he attained a little success—enough to meet expenses and life—and thus, his business stood as a *standstill success* for four years!

During the first two months after he came to me, we visualized the store as we wished it to be; visualized his activities in making it a success; spiritually pictured success in every phase of the business; held the divine picture of success in mind; and spiritually saw the profits he desired.

As a result of all this, his business *continued* to succeed, and yielded him a competence as before, *but it did not GROW into a greater success!*

Consequently, when the great Truth of using God as *Life*—multiplying and increasing power—came to me in its clearness, I sent for him, I explained (1) that, although we had faithfully “held” a picture of his success in mind, a picture is only a picture; (2) that since a mental picture must be “held”, it becomes *fixed* and does *not grow*; and (3) that the *fixed* mental-picture of success had *fixed* his business at *standstill success*.

So, we changed to the use of divine Life!

Success was recognized as a *living process*—capable of *multiplying and reproducing MORE success*. We applied Life to *every book sold*—each book sold was a *parent* of thought—a parent of ideas—*multiplying thoughts in the mind* of the buyer, so that the buyer would want more knowledge—more books.

Thus, we used *Life* as a spiritual power—as the *multiplying, increasing, replenishing power of God!*

And, *WHAT was the RESULT?*

Within six months, his book sales had doubled; within a year, they had quadrupled! Since then, his business has *grown* until he now has bookstores in eight different cities!

Oh, do not forget that the *first law* God ever gave to earth and man—to every living thing, every creature in the waters, every moving creature in the air, every living creature on earth, and man himself—is to *INCREASE and MULTIPLY!*

And, Oh the possibilities! Why, in 24 hours, one *little cell* can *MULTIPLY* itself into 16,000,000 cells!

Is not an *idea* more fruitful than a cell? Is not *love* greater? Is not *Life*? Is not *joy*? Are not health, wealth, happiness *more* than little cells? Cannot one of my thoughts multiply and replenish my thought-world with a thousand thoughts? Cannot love multiply and replenish my love-world with ten thousand loving attitudes?

The law is absolute — God gave it to *EVERY* thing and hence it works negatively or positively—as *you* choose to use it. If I think one mistake, it can multiply into ten mistakes in my mind. If I think one truth, it can multiply and replenish my world of Truth with a thousand Truths. If I feel one fear, it can produce ten fears. If I feel one hope, it can produce ten thousand hopes. By the same law, my love and joy and mirth *are* “blessed” by God, and can **MULTIPLY** and **REPLENISH** and **FILL** my earth with a million positive attitudes of love and joy and mirth! I create what I wish! And you create what you wish—after its own kind.

Live according to **THIS** law, **SUBSTITUTING** the word *love* (or Joy, or Life, or Strength, or Mirth—whatever **YOU** wish) for the word “earth.”

“So God created *me* in His own image - - - In the image of God created he me - - - And God *blessed* me - - - And God said unto me, *Be fruitful and multiply and replenish your LOVE*—or your JOY, or your LIFE, or your MIRTH, or your SUCCESS, your HEALTH, your HAPPINESS!

And it *was* so!

And it *is* so!

And it will *always* be so!

Changing Physical Defects Through Suggestion

By Anna Haynes

My Greatest Desire was for A Beautiful Face, So I Started on the Worst Part First

THE people of today are just beginning to awaken to the true value of suggestion. A few years ago the straightening or curing of some defect of the physical body would have appeared absurd to the minds of the people.

Some people are of such turn of mind that just a demonstration is enough to convince them, while others can only be convinced by trying it for themselves.

Since a mere child I had been conscious of my nose not being like other people's noses. It took a dip down and ended by turning up in a most provoking fashion. I loved profiles in photographs but my nose always prevented such for me.

About one year ago I became interested in suggestion or, I might say, awakened to the fact that there was something in it after all. My greatest desire at that time was a beautiful face, so I started on the worst part first.

Every morning while making my toilet I would talk to my reflection in the mirror in the following manner: “My nose is becoming straight. It is the most beautiful nose in the

world. Every organ in my body is working to send the needed nourishment to my face to clear it so my nose will be beautiful.”

Each night after retiring I put myself to sleep by repeating over and over that my face was beautiful and changed. As a result my nose is now practically straight, my face is clearer, my eyelashes are longer and heavier, and even the shape of my face has changed. The one part that I failed to give much consideration was my mouth but that too can be made over.

If every homely, lonesome wallflower in the world could only be made to see the value of suggestion, the fortunate few damsels would soon be running to keep up. For once a girl takes such an interest in her form as to use as powerful a method as suggestion, she would never be satisfied to stop there. It would only be natural that she change her personal appearance and step out where she would be sure to meet some admirer of her good taste and in so doing she would unconsciously develop the greatest of all possessions, “Personality”.

With personality she must have self-confidence and would be sure of herself anywhere. She would be so interested in life that she would forget she was ever one of those dismal wallflowers at the dance.

A sparkle of life would come to the eyes. A light springy step would be hers. A smile would play around her mouth. The zest for life would become so all-important and powerful to her that she would forget her old life and the foreboding thoughts would gradually

disappear and in their place the bright cheery thoughts would step in to dwell, changing the old for the new.

Lo! and Behold! a new creature steps out and you wonder why you ever could have waited so long to begin such a life and then you long to go forth into the byways and proclaim it to all who are in need of such a message.

(Read in August NAUTILUS: "How Should We Pray.")

Turning Away from Traditions of Age

By William A. McKeever, A. M., LL. D.

Being Article 2 on "Forgetting Old Age"

SLOWLY but certainly the tradition of decrepitude as normal for advancing years is lessening its hold on the minds of the masses. Not a few advanced thinkers, both men and women, are now actually demonstrating that "three score and ten" carries with it no influences which are necessarily deteriorating to either the mind or the body. These have caught a vision of "a new heaven (spiritual life) and a new earth" (physical life) and they are quietly turning their backs on false and traditional beliefs.

Being Born Again.

In the course of his career on the earth man is capable of being born again not merely once but at least seven times. He is first an infant, cooing and crooning, and reaching out with his senses toward contacts with the world of impression and interpretation. He is second a child, romping and playful, and obsessed with the materials necessary for expressing himself as a young individual. He is third an adolescent, bold and daring, and rushing on toward the field, the camp and the great out-of-doors. He is fourth a youth, introspective and emotional, and seeking his own in the midst of love's happy dreams. He is fifth a student, earnest and reflective, and bent on mastering the facts of science and research. He is sixth an adult, impatient and strenuous, pursuing the business of buying and selling and getting wealth. He is seventh a truth seeker, calm and serene, with his

thought lifted toward the goal of an eternity existent here and now.

Many earthly wayfarers stop on the road to an eternal life. There are grown men who still live in the infantile world of sense; others who stopped with the materiality of childhood; others who make mere adolescent sport their goal; others who believe the sexual urge of youth to be the zenith of earthly existence; others who were stalled in the era of material science and atheism and fatalism; others who make business and commercial enterprise their god. Comparatively few are entering the "seventh heaven", the age of spiritual understanding, the endless epoch of unfoldment in a consciousness of God and Eternity. But this inspired group of immortals is constantly increasing.

During the past decade the increase in numbers of those who are giving up the tradition of old age and decrepitude has been both conspicuous and encouraging. The belief in the divine right of kings was anciently one of the greatest influences in shaping the destiny of nations, but it is gone forever. The belief in war as a necessity of world progress promises to be the next universal fraud to go down in infamy. And the belief in senility after three score and ten is passed, is likewise as never before on its way to the scrap heap of ignorance and tradition.

The Time To Begin.

Now is the time to start on the road to a consciousness of eternity. "Not by might, or

by power, but by my Spirit, saith the Lord." Begin by affirming your new truth and by denying as having force and effect in your career those traditions and customs which too long have tended to destroy your spiritual consciousness. First, search yourself through for the false lingerings of mere childhood's interests and desires.

"I am no longer a slave to sense impressions. Mere seeing and hearing and tasting for their own sake no longer bind me in a world of the so-called natural senses. I use these instruments merely as means of entrance into the realm of higher law and deeper understanding. I use my eyes, not merely to see the objects about me but more to behold that which I may use in visualizing the Truth of God which lies hidden within me. I use my ears, not merely to catch the ordinary sound vibrations, but to interpret thereby the Still Small Voice of divine communication. I use my taste, not merely to sense greedily the food that I eat, but that every mouthful I consume may be thought of as contributing to a perfect harmony of body and spirit."

So with the second age of earthly existence. Examine yourself as to that and see to it that you are not in any way worshiping materiality and the possession of mere things. Many are caught in the throes of this obsession and never get far away from it. It is entirely proper and commendable to have possessions of abundance and beauty, but it is fatal to keep these for their own sake. Ask yourself if you are living chiefly to take care of your furniture or your so-called modern conveniences. Ask yourself if you are living for clothes and mere display of your person or your possessions. Death and decay lurk in such attitudes of mind.

"I am giving up the thought of childish things for their own sake. The materials of my household, the adornments of my body, the merchandise which I buy and sell, the possessions of my every day life—these are but means to my spiritual advancement. I am learning to think of them as subordinate to my plan to go on toward a consciousness of God and Eternity. I will have attractive attire, but put it on in such a manner as to make my spiritual self stand out to view. I will have attractive furnishings about me in my home or my place of business, but all of these shall have significance for my continuous growth and progress in the possession of the things which are not seen. I shall buy and

sell on the common markets of ordinary business enterprise, but these goods shall serve to advance me in the wealth of the soul. I shall learn to live with my business rather than for it, and I shall regard commercial enterprise at large as but an instrument whereby man may assist in the interpretation of the great drama of his spiritual existence."

Examine Your Sporting Tendencies.

Strange as the statement may seem, sport as such and the games of the athletic field are properly the dominant interest and urge of adolescents. The older person who is still engrossed in the doings of the sport world is already taking steps toward decrepitude. His obsession is of things which are normal and proper only for boys and girls of twelve years, or thereabout. On the other hand, one need not give up his interest in sport and athletics. He can and should regard these affairs as essential for the growth and progress of the spiritual understanding of the masses.

"I am no longer obsessed with the things which normally engross the minds of adolescents. I look upon sport only with the interest of one who wishes to keep in touch with the unfolding consciousness of humanity, and as one who wishes to pass through all the natural stages of growth and development of the inner personal consciousness. I realize that in order to keep in touch with the world of events, I must watch and sympathize with the behavior of the common people. I am all things to all men so that by all means I might save some. Therefore, I am a sport, not for the sake of the boyish fun but for the sake of the spiritual philosophy involved. Through my observation and my interpretation of the common behavior of the masses God is leading me on to my spiritual destiny."

Likewise, the fourth age of the natural human career, the love-dream age, tune in with it, love with the young lovers, make it a part of your interpretative life, if you would make progress toward the consciousness of the Eternity which is here and now. Do not assume the false position of decrying young lovers, and of attempting to thwart their God-given desires. Rather see the sexual desires of youth as a divine force implanted in the young for the purpose of launching them in endless new and significant movements toward higher life and destiny. For the time being, the love-dreams of youth are quite as necessary

and as sacred as your dreams of a heavenly existence can ever become.

"I am in love with all young lovers. I see a part of the great drama of God in the sexual urge of the young, and I see the necessity of their wending their way through this interesting and thrilling epoch of earthly existence. I will not condone their sensual conduct. I will not give consent to their oft attempted promiscuity and utter abandon in their sexual behavior. However, I will be patient and tolerant and helpful. I will give loving counsel and advice and try to inspire young lovers to regard those of the opposite sex as conservators of the race life and as instruments of the Most High in the carrying out of God's purposes. I am learning to lift my own life above sensuality and to turn the energies thus once expended into channels of spiritual thought and growth. The sexual life in me is now a great sublimated vital force in the onward movement toward my complete spiritual freedom here in this earthly career. My mind and all its energies, my body and all its fluids, are factors in bringing me into consciousness of unity with God. I now behold as never before the possibilities of an eternal earthly career."

The True Place Of Science.

Like all the first six epochs of man's earthly career, the dominant interest in science and in knowledge for its own sake is but a passing event. To regard that as the end and aim of life will certainly bring one to decrepitude and decay. Knowledge is never worth while for its own sake. Facts are but steps to ultimate truths. At a great convention of scientists, the man who gave the spiritual interpretation of his research findings received the most applause and the best press notices. It was the mind at work dealing with the facts; it was the spirit at work reaching beyond the facts, that seemed to absorb the interest of the hundreds of delegates.

"As one who would make progress toward the consciousness of my eternal existence I am deeply interested in the so-called facts and findings of science, and I shall continue to keep in touch with the world of research and investigation. I see the hand of God moving here as elsewhere and pointing the way of truth to all who will but read the signs. I realize, however, that no conclusion of the scientists is final, that nothing remains, but that all is in a process of change and movement. Back of all known facts, so-called, are other facts

yet to be discovered. There are worlds within worlds, and great cosmic systems presumably beyond the farthest reach of the human imagination. Forever and forever the mighty systems unfold to the finite intelligence, revealing their hint of the others yet to be known. Surely, God has not only made these endless, and infinite systems, but He has made me to be a part and a participant in the endless unfoldment of Himself within my inner consciousness. I know that I am a creature of Eternity and not subject to time. I shall not die but live and declare the works of the Lord."

Men are dropping all around us because of their futile attempt to make business their goal and their god. "My business is my religion," you will often hear such men say. However, examine such men and you will find grossness and the seeds of decay already conspicuously present. You will find them coarse, sensual and materialistic. You will find them resorting to dope, drink and dissipation in order to cover up the encroachments of death and decay already knocking at the door of their consciousness. Business is never properly an end, but a means.

"I realize the natural desire of younger men and women to be temporarily engrossed in business. I even accept the idea that business may for a brief period of their lives seem the necessary aim and end of the whole career. I, myself, shall continue to be interested in business and commerce, but I shall look upon these matters as one of man's great agencies for refining his individual spirit as well as for the advancement of society. However, like my understanding of the temporary interests of all the earlier epochs of the human career, I regard business enterprise as being significant chiefly for its value in the development of the spiritual understanding and for the advancement of the normal human being toward the goal of his earthly existence, which is a consciousness of Eternity and a practice of the eternal life in connection with all his personal affairs and all ordinary human events. I am indeed, therefore, all things to all men because of having lived through all the epochs of a natural human career, and I am a conscious part of all that men have been and all that they now are. But this human consciousness is now, and is becoming more and more a God consciousness. My mind reaches back, but my spirit reaches forward and I am consciously a creature of Eternity."



Views and Reviews

By William E Towne



THINK IT OVER.

BEFORE each undertaking of any importance, think it over carefully in advance. Forethought is a most necessary part of the process of succeeding.

There are many reasons why forethought is so essential. One is that it creates interest. Another is that it enables one to anticipate and prepare for difficulties and obstacles, so that when they arise they may either be met successfully, or at least adjusted to in the most efficient way.

Without forethought, one is surprised and uneasy when obstacles and difficulties arise. And yet they are sure to be encountered. If the mind is prepared for them in advance, they are much more easily and effectively dealt with and they slow down progress to a far less degree.

But the greatest value of forethought is that it enables one to sum up all the factors in the undertaking and plan the undertaking as a whole, so as to shape the results toward the end desired.

Mr. Landone has termed this directed forethought, "Idealizing the Process". He has stated the three basic activities necessary to success in any enterprise as follows: "*First*, there is the Ideal of Something Desired. *Second*, the Process that Leads to Attaining It; and *Third*, the Act of Making the Reality Yours."

Keep these three basic principles of activity in mind. Apply them in your forethoughts of any activity of importance that you have a mind to begin.

Now by far the most attention and time should be devoted to the second of these activities, the *Process* of attaining what you desire. It is of course necessary to have a clear ideal of *what* you want to do. But having that, you will not get far by simply sitting down and holding the ideal in mind. You must take the next step, and you must give it careful and lengthy consideration—the *Proc-*

ess you are going to use to get the results you desire.

For instance, if you desire to take a journey to a certain place, you will inquire about trains, the hour of leaving, the time of arrival, the accommodations on the various trains (if the journey is of considerable length) the reservations necessary to insure a seat on the train you decide upon, etc., etc. In this way you will assure the smooth working of the process when you come to put it into actual operation.

And in this part of your forethinking be very sure that you include *all* the factors of the process. Go over each step of the undertaking and picture yourself as fulfilling your mental picture of what you want to do. Consider any obstacles that might arise and plan the best way of dealing with them. Remember, one little thing left out of your forethought picture may lead to delay and even failure.

Does this seem rather a long and tiresome proceeding? Nothing worth while is acquired without attention to details and plenty of effort. Your forethought, your idealizing, your affirmations of success and attention to your mental attitude in advance, all help to make your path to success smooth and the results what you desire.

Of course back of all else should be your own faith in the success of your undertaking, your own earnestness of purpose and alertness to see the ways and means of carrying out the process of succeeding, your attention and interest at each stage of the process. Your faith and your understanding affirmations of Truth will open the way to success, but it is *YOUR* part to conceive and carry out the *PROCESS* of the undertaking. Affirmation or prayer will not do the work for you.

Charles Godfrey Leland (in "Your Will Power") has this to say of forethought: "For there would in truth be very few failures in life if those who undertake anything first gave to it long and careful consideration by leading



VIEWS and REVIEWS by WILLIAM E. TOWNE



observation into every detail, and, in fact, becoming familiar with the idea, and not trusting to acquire interest and perseverance in the future. Nine-tenths of the difficulty and doubt or ill-at-easeness which beginners experience, giving them the frightened feeling of 'a cat in a strange garret,' and which often inspires them to retreat, is due entirely to not having begun by training the Attention or awakened an Interest in the subject.

"It has often seemed to me that the reason for failure, or the ultimate failing to attain success, in a vast number of Faith cures, is simply because the people who seek them, being generally of a gushing, imaginative nature, are lacking in deep reflection, application or earnest attention. They are quick to take hold, and as quick to let go. Therefore, they are of all others the least likely to reflect *beforehand* on the necessity of preparing the mind to patience and application. Now it seems a simple thing to say, and it is therefore all the harder to understand, that before going to work at anything that will require perseverance and repeated effort, we can facilitate the result amazingly by thinking over and anticipating it, so that when the weariness comes it will not be as a discouraging novelty, but as something of course, even as a fisherman accepts his wet feet, or the mosquitoes."

"TAKING A STAND."

"**T**AKING a stand" usually means defeat. It means that the standee has his mind made up to buck the laws of the universe instead of working *with* them.

"Now I took a stand," says a correspondent, "that I wanted an increased wage. Instead I got let out, and have no other work yet, although two months have passed."

If this correspondent had given thought to two points, she might have succeeded: First, if she had made sure she was *worth* more wages, that she was really fitted to earn more, and, secondly, if she had tried to *sell* that idea to her employer instead of "taking a stand" to *compel* a higher wage regardless of her own ability to earn it. If she was

really capable and efficient and worth more to her employer, she might have succeeded in making him realize the fact without resorting to a "stand" which was sure to arouse his intense antagonism. If she was *not* capable and efficient, if she had not really fitted herself to be worth more, "taking a stand" was the surest and quickest way to get let out.

"Taking a stand" is usually the resort of one who feels himself already defeated. It means that one has to act on the defensive. The really efficient and capable man who felt that he was sure of his ground in asking for more pay would not need to act on the defensive. He would go confidently and present his case, sure that if his employer proved to be unreasonable there were plenty of other opportunities for him in the world. His confidence would lie *in himself*.

When one feels it necessary to "take a stand" it means that he is doubtful of himself. He is conscious of some great, overpowering obstacle against which he must "stand." Such an attitude of mind creates undue tension. It is not in harmony with the law of growth and progress. To "stand" is not to go forward, not even to retreat with the purpose of going around an obstacle—it is just a foolish effort of will in opposition to the laws of progress.

Real progress means *co-operation* with the persons in one's immediate environment. It means a constant going forward, or, at times, a "strategic retreat" in order to get around some obstacle. It means adaptability, to conditions as they change from hour to hour, *always keeping the main objective in view*.

Even in dealing with a great injustice there is no virtue in "standing." It implies inactivity. If there is some injustice you can help to remedy, *go to it*. But don't "stand"! Only statues should do that. The living should, as Bergson says, align themselves with that great "renewing, recreating process" which is continually *pressing forward*.

MAN gives recognition to God; God gives realization to man.—Henry Victor Morgan.



International Sunday School Lessons

Interpreted for Ministers, Teachers, Students and Others who Study the International Bible Lessons

Class Work by Rev. GEORGE C. GOLDEN

July 18. THE CALL OF MOSES or CREATION OF OPPORTUNITY. Exodus 2, 11-4, 18.

Bible Readings: Exodus 1 to 4, Heb. 11.

GOLDEN TEXT: *Certainly I will be with thee.* Exodus 3, 12.

NEW THOUGHT GOLDEN TEXT: *Now, therefore go, and I will be with thy mouth and teach thee what thou shalt speak.* Exodus 4, 12.

WHEN Moses fled from the persecution in Egypt, he had, apparently, just reason for accusing God of injustice. The young leader knew that he had the ability of leadership, the gift for persuasion, the insight of the law-maker and the fore-sight of the prophet. But what use were his talents to him!

Moses had expected the divine providence to place before him the situation in which he might find his place.

God seldom works that way. It is the order of life that the individual must let the Divine Mind in him, not only express after the stage is set, but create the very opportunity itself. So Moses was given the privilege of returning to Egypt, of arousing the slaves to a desire for freedom and bringing them to the national consciousness of their divine destiny. Then they asked, "Who shall lead us? Who shall make our laws? Who shall direct us to the Holy Land?"

The discouraged Jewish prince, seeking refuge in the desert, perceived, understood, comprehended and glimpsed the fact that he had the power to create the very conditions under which his talents would have full, dramatic, effective and cosmic realization. The only words by which he could convey the barest suggestion of the joy that possessed him was through the story of the flaming bush.

A man was salesman of a paving company. When the people in a certain street determined to have their block redone, perhaps they might wander into his office and give him the contract. He felt that his company had the equipment for making much more material than they were selling.

He caught the spirit of Moses. He now creates his opportunity. When he sees a block where the paving is beginning to crack, he does not wait for the residents to seek him. He begins a systematic canvass of the district and, by his talk and literature, creates a demand for his particular brand of pavement.

Do you say that you have ability that would be valuable to you and to society if such and

such a condition were established? Don't stop there. Ask yourself, as Moses did, what you can do to create that condition. God, you may rest assured, has not given you talent and desire without making it possible for you to fully express them.

Silent Affirmation.

I see myself easily, uniquely, commonly placedly demonstrating all my talents.

July 25. THE PASSOVER or ASSUMPTION OF DELIVERANCE. Exodus 12, 1-28.

Bible Readings: Exodus 4 to 12, St. Luke 22.

GOLDEN TEXT: *Our passover also hath been sacrificed, even Christ.* 1 Cor. 5, 7.

NEW THOUGHT GOLDEN TEXT: *Though I walk through the valley of the shadow of death, I will fear no evil.* Psalm 23, 4.

IN A medical journal, several years ago, there was recorded the account of a prank played upon a condemned murderer by some students. The felon was given over to them to be used as a test for their experiments in proving the power of mental suggestion. They told the man that they were going to stab him in the back and allow him to bleed to death. The unfortunate fellow died, although the students did no more than touch his shoulders with a piece of ice and allowed luke-warm water to trickle down his back.

Those of us who have joined fraternities have been the object of similar suggestions, but few of us ever died under the experiment. How is it that the murderer expired and we came out laughing from the same experience?

How was it that on that night long ago in Egypt, when the rulers and the slaves were both believing that the spirit of God was passing over their land, the owners rose up with a cry of lament over their first-born while the Jewish people saluted the rising sun with a prayer of thanksgiving for the deliverance of them all from the perils of the night?

Until we understand the power of faith and the destructive malignancy of fear, these incidents will confuse us.

The felon killed himself by his fear, just as the Egyptians murdered their own sons by their direful apprehension.

On the other hand, the initiates assume the harmlessness of their initiation and emerge unscathed just as the enlightened Israelites believed in their own deliverance and rose to prove that their trust in the good had not been misplaced.

Deliverance and safety, success and health, then, are not dependent upon conditions. They are fundamentally determined by the courage with which we assume those things that we desire.

Silent Affirmation.

I assume, imagine, believe and depend on the possession of those talents which I desire.

August 1. THE DELIVERANCE AT THE RED SEA or AFFIRMATION. Exodus 13, 17-14, 16.

Bible Readings: Exodus 12 to 17. Psalm 91.

GOLDEN TEXT: *Jehovah is my strength and song and he is become my salvation.* Exodus 15, 2.

NEW THOUGHT GOLDEN TEXT: *Jehovah went before them in a pillar of fire to give them light.* Exodus 13, 21.

WITH fear-laden eyes turned back and on terror-driven limbs, with confusion in their midst and many a cry for help, the escaping band of slaves headed blindly and desperately on to their destruction. They were moving toward the Red Sea. They were walking into a trap.

But we have overlooked the important factor in the drama of the escape from Egypt. With stately movement and unswerving sweep there went before the little army Something that appeared like a cloud by day and by night a pillar of fire. It led them directly to the Red Sea. It brought them directly into the Red Sea. As their leaders stepped into the waves, the waters rolled back into a wall on either side of them and when the last fearful soul had touched the further side, the sea, with a mighty roar, returned again.

Like the escaping slaves from Egypt, you and I have a guide—omniscient, omnipotent, all-loving and all-bestowing. It is the Soul, the Ego—the Lord God of each of us. Through desire, instinct, intuition and revelation we are informed of the path of his leading and the way of his promptings.

A man had a desire to buy himself a home. He could see his way clear to make his first payments. His regular installments would just absorb about all his income. Should some unsuspected demand be made upon him, he would be caught between contractor and creditor. And yet his intuition—his Holy Ghost—seemed to be prompting him to make the purchase.

He bought the house. He enjoyed the freedom after the limitation of an apartment. He reveled especially in a basement den. At night he began to work over an invention. He developed his idea and placed the manufactured goods on the market. Today that "hobby" is making him three times as much as his regular profession.

When we, like this man, follow our Holy Ghost, the freedom and the daring of our act stimulate and awaken new areas in our super-conscious mind and our supply-problem is met by the corresponding ability-realization.

Silent Affirmation.

I affirm that in any situation I may be placed, my own Soul emerges, not only un-

hurt, but gloriously triumphant and uniquely victorious.

August 8. THE GIVING OF THE MANNA or SUPPLY. Exodus 16, 1-36.

Bible Readings: Exodus 16. S. John 6.

GOLDEN TEXT: *Jesus said unto them, I am the bread of life.* S. John 6, 35.

NEW THOUGHT GOLDEN TEXT: *Ye cannot serve God and mammon.* S. Matt. 6, 24.

A FRIEND of mine tends a library. On a hook near her desk she hangs her purse. One morning a thief entered her book-shop. He asked her about something behind her and, when her attention was detracted, reached over and lifted her goods.

Why did he detract her attention? Because he knew that when she was serving or thinking about her money, it was safe, but when he influenced her to serve or think about something behind her, she closed out of her mind any thought of watching her purse.

When the Jews in the desert thought about gathering food fresh for the day, they found abundant supply. When they concentrated on the "saving idea," they discovered that their lockers contained only decayed manna.

Relief is found, as this lesson demonstrates, in ignoring the program of *economy* and pursuing a policy of *creating*. When you are creating the business or the books or the pictures or the friendship you desire, you find that you have no inclination or time for ruinous spending or the regrets that come from stringent repression through drastic saving.

A man—a clerk in a store—consulted a metaphysician. He had saved up about three thousand dollars "against his old age". He had repressed his desires for literary expression and marriage, telling himself that he couldn't afford either of them. He was self-absorbed, introspective, moody and sick.

The metaphysician immediately advised him to discontinue his program of economy—to sever his allegiance to mammon—and to inaugurate the policy of creative living or the worship and expression of spirit.

With many fears and innumerable misgivings, he hesitatingly dedicated himself to the new life. He took unto himself a wife, a type-writer and a shack in the mountains as well as much blank paper.

His savings began to dwindle as the pile of typewritten sheets increased. But his money held out until his publishers had accepted his manuscript and his bank-account increased until every dollar he had multiplied itself twenty times.

Silent Affirmation.

Divine Mind has prepared for its full expression in me and I place my supply freely at its service.

THERE is one life—THE GIFT eternal;
No death can dim its joys supernal.

—MRS. PETTIS MONTGOMERY.

Parents And Children

Helps that
will bring



them closer
together

How to Heal Your Child by Suggestion

By U. G. K.

I HAVE found the following method to be very successful in the treatment of various kinds of ailments. It is unusually successful with children, and I am using one of my own cases as an illustration.

Some time ago I was called in to treat a child for auto-intoxication. This little one had suffered with recurrent attacks of the malady since infancy, and it had always meant a doctor and a three to four days' siege in bed.

The first step always is to gain the confidence of the child, so that it will listen and believe what it is being told. This is easily accomplished, especially by one who is fond of children. The child should never be forced in any way. I usually choose a subject in which the child is interested, and talk on that for a few minutes; then I suggest that the little one is getting tired; that sleep is very necessary; that its eyes are getting heavy; that it is asleep. If the operator is confident of the result, it is seldom necessary to repeat the suggestions. I

generally have the child in a sound sleep within five minutes after I enter the room.

My only reason for inducing sleep is that the patient is then in a state of passivity and will not give any counter auto-suggestions. If passivity can be secured in any other way, well and good; but my experience has been that sleep is the most favorable state in which to secure the best results. If the child is already asleep, or if the treatment is given at night, the operator may make the suggestions as soon as the child becomes accustomed to a strange presence in the room.

In the case under discussion I made the following suggestions: "*You are now getting well; within twenty minutes you will awaken without fever. You will sit up in bed and request to be taken to the toilet. Having taken a laxative (she had taken nothing of the kind), you will have a satisfying bowel movement. You will then go to sleep again, and upon waking the second time, all signs of sickness will be gone and you will be well and able to go to school tomorrow.*"

The suggestions were followed to the letter. Within twenty minutes the child awakened, sat up in bed, and asked to be taken to the toilet. She had a movement induced by an imaginary laxative and promptly fell asleep again.

It is reasonable to believe, of course, that the recurrent attacks were caused by the fear that they might recur, and so give rise to a pernicious auto-suggestion that would inevitably cause the thing feared to become a reality. It is, therefore, necessary for the practitioner to not only cure the sickness, but to prevent its recurrence. This can be done by instructing the mother to use suggestions for complete health and general well-being every evening after the child is asleep.

In following up this case, I found that the little one had entirely recovered upon awakening from the suggested sleep, and went to school the next day. As this case is several months old, we may say that the cure is permanent.

The method outlined above may be used with equal effectiveness in the case of very young

Questions Answered

On Child Problems

We have arranged with Mrs. Carter to answer (through this Department) questions from parents and teachers regarding problems of the conduct, training, teaching, etc., of children. We will donate at least a page in each issue of *Nautilus* to these answers. No charge whatever. Write a separate letter for your question and address Mrs. Alberta M. Carter, c/o *Nautilus Magazine*, Holyoke, Mass.



children, infants, in fact. The success with which I have met in handling illness in infants, through the use of the same suggestions that I would use in treating a grown child, lead me to suspect that a child is fully developed subconsciously at birth, and that the subconscious understands and acts upon suggestions given in the same manner as would the subconscious of a grown person.

(Next month in this department: "A New and Potent Method of Suggestion by Means of Pictures.")

MRS. CARTER'S ANSWERS TO QUESTIONS.

J. C.—"Can I rear my children successfully and yet be away from them so much, and how? How help them to be more congenial?" you ask. Had you given some particulars, the answer would have been easier.

When children are under school-age, they need their mothers all the time. Like baby birds in the nest, they must be cared for in many ways. You see, my dear, I know whereof I speak, because I have no recollection of my mother and had to run to my older sisters when in trouble. I certainly should sacrifice many luxuries to live with and mother the little ones. But if they are in school and you can be with them evenings and mornings and perhaps at noon, I see no reason why you should not be away if you are a good manager.

I wonder what we would do without God, our Father-Mother, to go to when we are in trouble? So do I think of children and their parents, especially the mother.

I should take that problem to God,—and on my knees.

For harmony, I should continually affirm:—"God is in the midst of you. You are loving and thoughtful and kind to each other. You are GOOD. You are. YOU ARE."

M. D. R.—If your adopted daughter is ten years old and in the fifth grade, she is up to the standard of normalcy. Even if she is slow to understand problems in arithmetic, that is not unusual. I presume it is fractions that bothers her as she would study them in that grade. If you will send fifty cents to Mrs. M. Arleigh, 6167 York Street, Los Angeles, Calif., for the Arleigh Exercises in Arithmetic, I think you will have no more trouble. They are the finest things I have seen and will soon be on the screen for school use.

Now I think her oral reading is a gift and I would not fret about the "silent" reading. From what you say, I think she needs to do public speaking and I should encourage her to speak in school and other places. Her naughtiness of which you speak, I believe is only her desire to attract attention to herself. Public speaking would free her of this.

Do not say anything to her about the principal giving her a mental test. And by all means forget about that supposed paralysis. Affirm for her, "You are free, dear, and you have perfect power of expression in all ways. You grasp your problems quickly and have excellent be-

havior at all times and in all places." Praise her progress.

R. C.—Car sickness is in the mind before it manifests in the body, you may be sure. I do not wonder that your little daughter suffers from it when her grandmother is continually holding it in fear over her just because she was sick one time. Insist upon the child sitting with you in a seat backwards, just to prove to her that it will not make her sick. Be careful of what she eats, avoiding sweets and ice cream, and do not allow her to overeat. Then affirm in your own mind that she is strong and that her stomach easily and perfectly assimilates the food.

After one trip without car sickness, she will never expect another.

Mrs. H. C.—It is comforting to learn that my "Little Lessons" have been so helpful to your children, and I appreciate your desire to have them in pamphlet form. This is what *Nautilus* editors had in mind when they asked me to write them. You are helping much by giving your magazines away.

Mr. E. L.—Indeed I will not write nine letters to nine people within twenty-four hours or any other number in order to appease some fear of ill luck in case I do not. People are calling me up every day asking what to do about it. Suppose an American soldier did start it, anybody could do that. It is simply to stir up and excite the Fear Bug in everybody and New Thought people have nothing (No Thing) to do with it.

The God within us is our One and Only Source of so-called Luck. Repeat the 91st Psalm until you quiet your nerves. I tear up the link-letters coming to me and consign them to the waste paper basket. Go thou and do likewise. And for heaven's sake stop instilling such fear notions in the minds of children.

E. M.—You are spending too much time thinking of the little brother who has passed on and enlarging upon his splendid qualities, much to the discouragement, disgust and envy of your little daughter. You are always holding his perfections up to her as an example, and I do not wonder that she is "negative" and wilful. She knows that you expect her to say, "I won't," and "Jumps to the negative side before she knows what is going to be suggested to her," as you say. Now, I think you are the cause of it all. She feels your attitude toward her and the brother who has passed on, and she is subconsciously fighting for her right place in your estimation. Should she pass, you would only remember her good points. Begin at once to have a regular housecleaning of your thoughts toward her. Forgive yourself for your lack of wisdom and SEE in that child the good qualities which so appealed to you in her brother. Ask daily for Wisdom; love the child more; praise her good points and forgive her shortcomings.

Tell her while she is sleeping, that she is an "I can" little girl, and that she fearlessly and joyfully anticipates and does that which is required of her.



Things That Make For Success

And for the advancement of the individual in all ways. This is a correspondence department of success ways and means, conducted by the Editors and contributed to by NAUTILUS readers everywhere.

To Correspondents

Prizes for the Best Letters to This Department

Have you discovered something that makes for success?

Tell us about it and perhaps you will win a prize.

To the writer of the most helpful success letter published in this department each month we will send NAUTILUS for 3 years. Or, 3 yearly subscriptions to separate addresses if preferred.

To the writer of the most helpful letter printed in each six months' period, we will send \$5 in cash, in addition to the subscriptions. Prize winners announced each month for the preceding month.

Letters should be concise, plainly written on one side of paper only, and not mixed with other matters of any sort.

—THE EDITORS.

Success Letter No. 1038

I WAS HEALED OF JEALOUSY AND FEAR.

I HAVE been an earnest student of New Thought for three and a half years and I want to tell you of some of the good things it has brought me. I had an aunt who was New Thought and she very earnestly tried to bring its message to me but I was prejudiced and would not listen.

I was so jealous that our home was on the verge of a break-up. Finally I agreed to try aunt's way to cure myself and bring harmony to our home. She urged that I drop from my mind everything that had passed to make me jealous, and that no matter what happened I would live my life and let him live his. In doing this, I revived many interests as my music, giving readings, etc., that I enjoyed before my marriage. Then I began to really go to places that I wanted to go instead of always staying at home or going where he wanted to go.

In this way I gained new friends and found new and pleasant things to think about. Things still happened to make me jealous and I had to affirm very strongly that my husband belonged

to himself and not to me and I knew he was good and that I was not jealous, for I was God's child and like my Father. Then I would tell the jealous thoughts to go away, that I simply would not entertain them, and then shut the door and absolutely refuse to let jealousy open it.

At first I had terrible fights, then gradually my jealous thoughts would run right along when I told them to go, and finally they ceased to come. Then things ceased to happen to make me jealous and thus I overcame my jealousy and changed our inharmonious home to one of harmony.

I was in very ill health for two years after my baby was born and three months after beginning to study New Thought I was well and have remained so ever since.

When I was a child my mother was a coward and I seemed to imbibe a great fear. I believe I have suffered more from fear than from any other cause. At last I determined it was not going to hold me any longer. I treated myself and read everything I could on overcoming fear. Still it clutched me. One night I was lying afraid to breathe (my great fear was of a man knocking me in the head with an axe; there had once been such an incident in our neighborhood and I had listened to the grown folks tell it over and over). Then and there I forced myself to go very deep within myself and asked the Spirit to help me rid myself of this fear then and forever. As an echo to my desire the thought came: "If God be for us, who can be against us?" Then I realized that if my imaginary man were standing over me with his axe poised, God would stay his arm forever if I but committed myself to Him. I did and was healed of my fear in that moment, and it has never returned.

I would love to tell how I overcame poverty, envy, gossiping, hatred, nagging and unpopularity with the light of the Spirit and right thinking. But I must say that through the Father that dwelleth in me I have healed over a hundred people, and driven pain from my own body time and

again, sometimes instantly, until now it is almost letting me alone.

My greatest desire is to tell others of this wonderful truth so it can make them free as it has me. God bless New Thought and those who are trying to teach it to the world.—Mrs. A. J. H.

Success Letter No. 1039

A SON HEALED OF HABITUAL SICK HEADACHES.

FOR several years our young son had an attack of sick headache about twice per week. When he was eight years old he came home from Sunday school complaining terribly. He laid down, held both hands on his head and cried, "O, my head, my head." His face plainly showed his suffering.

I gave him a treatment lasting about fifteen minutes. He got up, changed his clothes, ate a hearty lunch and played in the afternoon. The sick headache has never made a reappearance and the son is now twenty years old and the picture of health.

A lady was going to a nearby town to spend the week end and she asked me if I would keep the two youngest children, a boy 6 and a girl 5. I told her we would be glad to have them; they were obedient, nice children to have around. Our children were in school and the little folks were playing in the yard watching for them to come home.

A new steel trap had been set just under the edge of the coal house and I never once thought of the children discovering it. The little girl reached for it and her hand was caught fast in the trap. The boy came into the house crying. He could not talk plainly and it was hard for me to understand what he wanted. I caught the word "tap". Then I knew the little girl must be caught in the trap. My heart almost failed me when I tried to get her tiny hand out. The trap was so strong I had to put all my strength on it to get it open. To all appearances her fingers were almost severed from her hand. I brought her into the house, washed both hands, dried her tears and kept treating her according to New Thought.

In a little while she saw the children coming from school and ran to meet them, forgetting all about her hand. When they were almost home the little girl said, "I caught my hand in a trap, but I don't know which one now." She held both hands up and both were perfect. I love to treat children. They are so close to God they respond to treatment instantly.—E. C.

Success Letter No. 1040.

HOW IDEALIZING THE PROCESS HAS REMOVED DRUDGERY IN MY HOME AND FILLED ME WITH LIFE AND ENERGY.

THE Idealizing Process has brought more marvelous results in a short time than I find it easy to realize. In the past few weeks my house, which was never really neat in spite

of endless fatiguing effort and work, has been Idealized into a house that stays neat.

One of the biggest problems was to keep it neat, and that quite apparently is accomplished with no drudgery whatever and hosts of extra time. The children, whom I had made every effort to train to be neat and tidy, had seemed possessed to strew toys, pots and pans, newspapers, etc., all through the house, porch and yard. I knew it wasn't their fault, they were not trying to be mischievous, but I could not seem to better the situation. Now with no seeming effort on my part, and a light of joy in their eyes, they run about picking up a bit of paper here and there, and things simply do not get scattered. The whole atmosphere seems so peaceful with this sudden neatness, and the children of course reflect that by being particularly sunny and happy. Whereas before I was always sewing, and no one in the family ever had anything to wear, for nothing ever looked right when it was finished, now each Idealized dress is a delight, and I enjoy so making them. I can't remember when I have had a compliment on anything I have made until I started Idealizing them, and each thing I have made since has been spoken of as being particularly pretty.

The meals had become a routine of good wholesome, nourishing food, but I marvel that we didn't all have dyspepsia from seeing the same general foods cooked in the same general way *ad infinitum*. But, oh, the genuine fun of Idealizing those meals.

Instead of feeling tired most of the time, now that Idealizing has taken the place of drudgery, I am so full of energy and enthusiasm that I can hardly wait to finish one task to begin the next.

It is so much more interesting and easy to Idealize the meals for the children, than it is to try to make them eat what I happen to have prepared.

I sometimes find myself wondering how anyone given a perfectly good head to use, as mine is proving to be, could have made so little real use of it.

At first I felt a bit doubtful as to how to proceed. There seemed to be so many problems to meet. So I took the most harassing first, and began to visualize a neat and orderly house, room by room, seeing each thing in its correct place, nothing scattered about. I pictured myself seated in that room in an easy chair, feeling so peaceful and rested. I pictured the windows open and felt the breeze sweeping across the neat, clean room. The pillows on the couch were placed neatly and carefully. I visualized myself walking serenely across the room and opening the desk. Everything in it was orderly and in its right place. The pencils all sharpened, old letters destroyed, blotters neatly stacked. I visualized going back to the chair and taking up my sewing basket. As I opened it I found each necessary article and not an extra one, all neatly in place, the piece to be sewed folded neatly. Needless to say, I awoke early the next day just longing to get to work and see this Ideal realized. There was no effort needed to make it become a reality.

It seemed as though the rest took the reins in its own hands and the natural process followed. Room by room I Idealized the whole house. The pantry whose door I had been keeping cautiously closed as I never seemed to find time to keep it very neat, is now my exhibition room. The natural next step in keeping things neat was to Idealize it to the children as so delightfully neat and attractive that it would be the greatest kind of fun to keep it so. And how beautifully they are doing their part, and how much happier they are, learning their first little lesson in Idealizing, although they do not know it.

The clothes have been handled in the same way, those most needed first, each one individually carefully Idealized even to the joy the children would have when they saw the cunning funny embroidered pockets which I had never bothered with before, and the pleasure of putting it on made in such a way that it would go on with the least possible effort. Each little detail, even to the nice firm snaps, or substantial buttonholes and good, strong buttons. I saw them just the prettiest length and fulness. They were so delightful in the Ideal that I could scarcely wait to make them.

The meals are quite thrilling. I Idealize setting the table and how appetizing the meat loaf looks with bits of parsley around the edge (I had forgotten there was such a thing as parsley, and five cents' worth goes such a long way toward making things look and consequently taste better!). And of course in Idealizing iced tea it just naturally has a sprig of mint in it and a straw and the family look so peaceful and contented on a hot night to see those dainty additions.

Idealizing a few things is waking my whole mentality to a wiser and better way of doing things in general. In dealing with the children I feel more instinctively reasonable. As I was writing this my little three years old girl came in and wanted to take out a paper I had been writing on. I gave her a plain piece instead, but she didn't want that. A few weeks ago I would have been just tired enough to have tried to go on writing and make the best of it, or try to make her take the one I wanted her to, but the instinctive thought this time was the only reasonable one. I drew a little dog on it for her to show the children, and she went out chuckling and gurgling and has played happily ever since, while I have written serenely on.

Although this Idealizing process is new to me, and I am not using it as thoroughly as I hope to later on, the results have been so marvelous, beyond anything I had hoped for in so short a time, that I am anxious to launch this article, hoping that it may help others situated as I am, to know the joyous, delightful side of Idealized housekeeping.—P. C.

Success Letter No. 1041.

FROM A TIRED, SALLOW, WRINKLED
WOMAN OF 53 I HAVE BECOME
FRESH, CLEAR SKINNED, JOYOUS.

I HAVE been a student of New Thought for years, fear-fully, spasmodically, as a refuge from ills and things when overwhelmed with

cares beyond my control. But some way, while it did help, like a crutch, yet my soul did not seem to lift to the beautiful teachings. Often I would forget it, sink back to the old harassed conditions. But now, the beautiful understanding has come to me out of the depth of the pages of *Nautilus*. I do not read fearfully but with all the love and joy of my heart. And now perfect understanding of my at-oneness with God has lifted the load. Just to know that I am *not* alone, but rest, and work and love in Him.

From a tired, sorrow, wrinkled woman of 53, I am fresh, clear skinned, joyous, with an outlook in life of cheer, which passeth understanding.

I now read *Nautilus* for all the sweet loving things I most desire. I hunger for it, not miserably but happily.

I am treating different ones at a distance, my children principally, for health and prosperity and unity. I hold them together in my heart of love for health and wealth of abundance of God within them also. Imagine the glow in my heart to receive letters telling of promotions in business and of the wonderful good things coming to them, improved health, courage to face each problem.

Then, small hurts in my church and in my community I now adjust through love. From an indifferent church member I have in the past few months become constant and devoted to each thing concerning it and I can see it grow under the warmth of my love. I think now there is naught quite so near my heart than this little crippled church of my childhood.—MRS. H. A. A.

THE PRIZE WINNER for June, 1926, *Nautilus* is S. M. L., who wrote Success Letter No. 1035. We shall be glad to send the prize of three subscriptions wherever the winner directs.—C. H. S.

PROSPERITY doth best discover vice, but
adversity doth best discover virtue.—BACON.

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WE the Rising Generations, demand a United States of the World.

We want our idle vessels and ships to be used in times of peace for a Public University of Travel, a white fleet that shall tour the world every year.

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We believe in these things.

We pray for them.

We talk them.

We vote to this end.

—Elizabeth Towne.



A DEPARTMENT OF
CONSULTATION AND SUGGESTION
CONDUCTED BY ELIZABETH TOWNE
AND WILLIAM E. TOWNE

*"O wad some power the giftie gie us,
To see ourselves as ithers see us.
It wad frae mony a blunder free us
And foolish notion."*

We answer in this department the 1001 personal problems that are put to us—as far as space and time hold out. And we make one answer do for more than one questioner when possible. Correspondents desiring a personal reply by mail are referred to our *ELTO SERVICE* (Price \$5 plus Love Offering). We would answer every letter gratis if it were humanly possible. We *MUST* curtail, hence the charge for querists who feel they cannot await their answers in these columns. To insure careful attention in our office write "Family Counsel" at head of sheet, and write your subscription order or other business on a separate sheet.—THE EDITORS.

MR. A. P.—I would be mighty happy and grateful for regaining health, I would adjust myself harmoniously to my loss, keep myself as **ACTIVE** as possible in useful work, and build up a faith that can still show that "all things are possible with God" and that the day is coming when you can express gratitude for what you would probably call a "second" worthwhile Success with lasting qualities.

E. J. R.—Yes, you can surely help your son to overcome that habit. Try the suggestion during sleep method. Follow the plan used by the mother who wrote the little article published in the *Beginners' Department* of September, 1925, *Nautilus*, page 41. Also read "God's Power With Your Child" in May, 1925, *Nautilus*. If your son could marry again it would probably help him more than anything else.

MRS. H. B.—Read "God's Power With Your Child", published on page 19 of May, 1925, *Nautilus*. You can follow the same method in the treatment of your son. If he is active and in good health, however, I would not worry about him, unless he carries the smoking habit to extremes.

MRS. J. K.—Probably you need a change as much as anything. And you need to budget your daily activities so you will have some time for rest and recreation. If you continue to *drive* yourself to work you will develop some illness. You should arrange your activities so that you will not mentally feel yourself under pressure continually.

C. A. H.—You give no information upon which to base any kind of an opinion. However, the difficulty may be that you have not put into **ACTIVE** operation the theories and ideas you have held. You have not, perhaps, sufficiently idealized the **PROCESS** by which you expected your good to come to you. One cannot attract success by affirmation, suggestion and prayer if he simply sits still and waits for things to happen. To his faith he must add works.

N. R.—If you have not a definite idea of the kind of mate you want you can at least visualize the employment of a mate, of a home and children. You can cultivate the feeling of happiness and contentment that the sort of home you desire will bring to you. And you can go about your work in the *spirit* of that happiness. Which is the best way to attract the thing you most desire.

H. M. D.—If one admits the truth of your statement that "we all know there have been thousands of recorded instances of successful demonstration where there was absolutely no physical action"—if we admit the truth of this, there is of course nothing further to be said. We have not the slightest idea how Mr. Landone would answer your question. We presume, however, judging from his writings, that he would be inclined to doubt the truth of your premise. For ourselves we believe that most of the recorded instances of demonstration without physical action are nothing more nor less than simple coincidences. We admit that it *seems* in some cases, that an individual's needs have been met as the result of radiation from his own mind. This is a sort of psychic begging. But I am not sure that even in such cases there is an entire absence of physical action. Furthermore, such cases do not come within the scope of legitimate demonstrations of materialization. In such a case one person simply *appropriates* what another has materialized. He does this indirectly, it is true, but it amounts to precisely the same thing as if he went out and asked for it or took it from another by force. In all legitimate demonstrations one earns what he receives. The service may not have been rendered to the individual who furnishes the supply in any particular demonstration, *but the law of compensation has been obeyed*, and a corresponding service rendered, sometime, somehow.

MRS. E. D.—You have answered your own question. You really settled the matter in *your own thought*, and that left you calm. However, do not forget that home itself is largely a state of mind and depends to a comparatively small extent upon outer circumstances. You now have the right attitude, and you no longer need that particular affirmation, I am sure. Furthermore, you will be far more apt to retain your home because of your present attitude. By worrying and fretting you were building into reality the very thing you feared. Do your best to ignore the whole matter, now.

A LOVING WIFE—Your husband's conduct is only natural, and to be expected. The best thing you can do is to ignore it. If you criticize him for his conduct, you will only aggravate it. If you compare him with other husbands, you will be thankful that he is as considerate as he is.

UNHAPPY WIFE—I would, if possible, have an interview with the physician who treated your husband. Perhaps the case was not as bad as you have been picturing it. It is quite possible that there is, at present, no reason for your fears, and that you can proceed with your plans in perfect security.



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The Metaphysical Library of San Francisco Moves to New Quarters

SAN FRANCISCO'S Metaphysical Library and Book Shop has moved to the largest and most attractive home it has ever had, in the very heart of the town district, at 177 Post Street. Miss Harriet Hale Rix came up from Los Angeles and dedicated the beautiful Lecture Hall on the evening of April 18th, last. Frank Waller Allen of Los Angeles gave a series of Practical Lectures in the Library during May. *Nautilus* readers are extended a cordial invitation to make the Library rooms their headquarters whenever they go to San Francisco.

* * *

How New Thought Brought Me Peace and Satisfaction.

FIVE years ago, I had a general breakdown which made it imperative for me to give up my work as a high school teacher. There was not a great deal the matter with me—just arthritis, with its accompanying evils, neuritis, neurosis of the heart, arterio sclerosis and a few other minor disorders.

When my breakdown came, I realized, subconsciously, that I was in for a long siege of something—I had not the slightest idea what—I am wiser now), so I decided to make the best of it as well as of my time and do a lot of reading that heretofore I had had no time for.

My suffering was intense and became intenser as the months came and went, but I thought that as long as I had to sit around and suffer, I had just as well be learning something. Now, here was that long-wished-for opportunity to read, under different circumstances, to be sure, but I could read a little every day and it would all count in the sum total.

Friend and stranger alike came to see me, and each one anxious to make me forget my suffering brought something to read. I had soon gotten so helpless that was all I could do. Among these visitors were Seventh Day Adventists, Catholics, Christian Scientists, Methodists, Presbyterians, etc. Each one left his particular brand of religion in some form of literature; those who had none, brought novels. Since religious literature was most plentiful, I decided that now was a good time to make myself acquainted with the different creeds, doctrines, etc.

About this time, one thing was quite evident to

me—I had no desire to read to criticize—so I read all that was brought me with an unbiased mind. Between times, when friends were delinquent (?) in keeping me supplied with reading matter, I delved back into the mystic maze of Buddhism, Confucianism and other ancient religions.

Up to this time, I had never made any profession of religion, although I had always been a regular church goer and a constant worker in the church of my choice. But I had never found a religion that satisfied me or my needs; besides, I could never make other people's lives and deeds harmonize with what they professed to be and believe.

After three years of hard study and thinking on the above mentioned work, I concluded thus: In essence, all religions are the same; there is a lot of good and a lot of rot in all; under the rubbish heap of gush, non-essentials, mysticism and miracles irreconcilable with reason, lies the pure jewel. But still I had found nothing that satisfied me. It seemed as if I were between two fires. Before me was a stonewall which I could neither scale, crawl under nor circumvent; behind, a deep abyss in which I should fall if I attempted to go back. At last I gave up in despair. I concluded I was one of those freaks, for whom there was no satisfying form of religion; one of those evil persons made for the day of judgment. Dante's Inferno was mild compared to the state of my soul.

I now turned to the opposite extreme. I began to study French literature, history, biography and autobiography.

Fourteen months later, an old friend came to see me. She had a book under her arm. When she arose to go, she said: "Here is a book I want you to read. Will you?" Inwardly, I groaned; outwardly, I smiled and said with what enthusiasm I could command: "Certainly, I shall be glad to."

The next day, quite unexpectedly, I had an unwonted curiosity to know the name of the book. I called for it. It was "In Tune with the Infinite." "Nothing in that for me," I said to myself. "I am 'burnt out' on that kind of books." Desultorily, I opened the book. The first sentence struck me forcibly. I read on. I said, "Well, he begins with something sensible. I wonder how long he can keep it up." I soon found out. I read the first chapter. What was this! Oh, nothing but a cooling draft to a fever-parched soul. I read on eagerly. Every sentence seemed written especially for me. Before I finished the third chapter, I had made the most important discovery of my life—I had found myself!!!

The old wall, the abyss were gone. I stood face to face with myself in an open arena. All obstructions had vanished as if by magic. As I viewed my past doubts and misgivings, they melted away like snow in a summer sun. I now saw clearly what for years I had "seen through a glass darkly".

Soon after this revelation, someone brought me three copies of *Nautilus*, which were indeed a bright light on my path. New Thought was the

(Continued on Page 42.)

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key that unlocked the door to the room in which my real self stood. Since then I have read everything on New Thought that I could get. It has all merged into a large body of water upon which my soul's ship sails joyously with no fear of shipwreck, because I am the pilot and the captain of that ship.

New Thought appeals to me because it is so sane and sound and practical; so practical, because so sound and sane. But the best of it all is that it shows us how to live, to grow, to achieve in this life. And it is only reasonable to believe that if we get this life right, the next will unfold like a geometrical problem to which the correct principles have been applied and followed throughout the problem.

I used to read my Bible occasionally because I thought it my duty; now I study it, because I love its teachings and inspirations, and can understand its meaning. I used to think I was most optimistic when I said, "Life is poor at its best"; now, I can say with all sincerity, "Life is good at its worst." But with New Thought as a guide, life can be nothing but beautiful and full.

If there be those of you who have lost your way and are floundering around in the dark, I would say to you, don't give up your search for the light. Read, study, think with an unbiased mind. Seize and hold to whatever is truth for you, regardless of the sneers of others. Seek earnestly, seek honestly for the truth, and one day, when you least expect it, your fetters will break and you will be free. Friends, one hour of that peace that passeth understanding, one hour of the knowledge that you have found yourself and can never lose your way again, will more than repay you for months—perhaps years of doubt and darkness.—B. N.

I Demonstrated Over Spinal Trouble.

I HAVE been able to demonstrate for myself over many adverse circumstances as well as physical difficulties. All my life I have been the victim of spinal trouble and although I went to many doctors, no help was received. I have known in all my life few hours free from pain until I demonstrated over this trouble, the Truth way. I am now absolutely FREE from pain and my back is straight and strong.

It may help someone else to know just how I proceeded, and I will state as clearly as possible a few of the steps:

First—One needs to be quiet, oh, so very still, especially inside.

Second—Discuss what you are trying to do with no one. Discussion dissipates power and often starts antagonistic vibrations.

Third—Never for a single second have any thought of giving up. Banish forever and at once any such thought, though the way is long and rough. Keep your attention only on the desired condition.

I am conscious of two distinct operations: The mind centered on the desired condition, and the heart, or solar plexus, centered on God, a feeling of full dependence upon the Divine. Ignore externals and know that God, in action, is all there is; that God works, not you.—Mrs. C. S. D.



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BOOKS AND THINGS



In this department we notice as many cloth bound books as we can find room for. Lack of space forbids reviewing music. Publishers please give selling price and address when sending books for review. Reviews are written by William B. Towne unless otherwise signed.

—"The Life Story of Orison Swett Marden", by Margaret Connolly. Beginning life as a poor orphan boy, in the backwoods of New Hampshire, the subject of this fascinating biography became one of the world's most famous writers. Probably no single author ever reached and influenced so many of his generation. Over 2,000,000 copies of his books have been sold in this country alone. This life story tells how he worked his way through school and college, overcoming seemingly insurmountable difficulties. How he made and lost a fortune in the hotel business. How the completed manuscript of his first great book was destroyed by fire, and while the ruins of the burned building was still smoking, how he began the task of rewriting his manuscript. The thousands of *Nautilus* readers who knew and loved Dr. Marden's contributions to the magazine will be sure to read this book with interest. Price. \$3.20. Thomas Y. Crowell & Co., New York City.

—"The Human Side of Animals", by Royal Dixon. A book to delight the heart and eye of anyone who loves animals. I read the last chapter first, because the title interested me: "The Future Life of Animals". I have long felt that I would not care to go to a heaven from which animals are excluded, so I was glad to learn that: "Among many of the Old Testament writers we find that immortality was assured for neither man nor animals; whereas, with the larger revelation of the New Testament, immortality is no longer questioned for any living creature". Some of the chapter titles indicate the fascinating contents of the book: "Animal Mathematicians"; "The Language of Animals"; "The Human Side of Animals in Their Boudoirs"; "Home-Government"; "Animal Architects", etc., etc. The book contains two beautiful color illustrations and 32 in black and white. Two hundred and fifty-two pages, cloth binding. Published by Frederick A. Stokes Company, New York City.

—"Similes And Their Use", by Grenville Kleiser. A list of picturesque similes, alphabetically arranged for the great convenience of the writer or speaker. The similes are classified under "Prose Similes", "Miscellaneous Similies", "Poetic Similes", and "Bible Similes". To those who would make their speech or writing more virile and impressive, this book should be a great help. Cloth, 381 pages. Price, postpaid, \$2.20. Funk & Wagnalls, New York.

—"Songs of the Silence," by F. L. Holmes. A beautiful little volume of inspirational poems. Price, postpaid, \$1.85. Robert M. McBride & Co., New York City. (Continued on Page 46.)

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- Attaining that which you desire is easy and certain if you carry out the three activities as directed. (Page 33.)
- How to form an ideal that will come true. (Page 37.)
- How to give your ideal a heart of desire, a body of substance and an impulse of action. (Page 37.)
- Building a successful business in face of competition. (Page 80.)
- Firing the desire of your ideal. Making wishes into desires. (Page 42.)
- How to feed the fire of your desire when it is chilled by disappointment and discouragement. (Page 43.)
- How to create a body for your ideal. (Page 46.)

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—"The Science and Philosophy of Eugenica," by Ellis B. Guild, M. D. More philosophic than scientific. Cloth binding, price not given. Burton Publishing Company, Kansas City, Mo.

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